

Subject Overview - PSHE



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 2	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

Progression of Knowledge



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery	<ul style="list-style-type: none"> To know things about themselves. To know how happiness and sadness can be expressed. To know that being kind is good. To know they have a right to learn and play, safely and happily. 	<ul style="list-style-type: none"> To know that being proud means and that people can be proud of different things. To know that people can be good at different things. To know what being unique means. To know different ways of making friends. To know the names of some emotions such as happy, sad, frightened, angry. To know that they don't have to be 'the same as' to be a friend. To know why having friends is important. To know some qualities of a positive friendship. 	<ul style="list-style-type: none"> To know what a challenge is. To know that it is important to keep trying. To know what a goal is. To know how to set goals and work towards them. To know which words are kind. To know some jobs that they might like to do when they are older. 	<ul style="list-style-type: none"> To know the names for some parts of their body To know what the word 'healthy' means To know some things that they need to do to keep healthy To know that they need to exercise to keep healthy To know when and how to wash their hands properly To know what to do if they get lost To know how to say No to stranger 	<ul style="list-style-type: none"> To know what a family is To know some of the characteristics of healthy and safe friendship To know that friends sometimes fall out To know some ways to mend a friendship To know that unkind words can never be taken back and they can hurt To know how to use Jigsaw's Calm Me to help when feeling angry 	<ul style="list-style-type: none"> To know the names and functions of some parts of the body (see vocabulary list) To know that we grow from baby to adult To know who to talk to if they are feeling worried To know that sharing how they feel can help solve a worry
Reception	<ul style="list-style-type: none"> To know things about themselves. 	<ul style="list-style-type: none"> To know that being proud means and that people can be 	<ul style="list-style-type: none"> To know what a challenge is. 	<ul style="list-style-type: none"> To know the names for some parts of their body 	<ul style="list-style-type: none"> To know what a family is To know that different people in a 	<ul style="list-style-type: none"> To know the names and functions of some parts of the

	<ul style="list-style-type: none"> To know that some people are different from themselves. To know how happiness and sadness can be expressed. To know that being kind is good. To know they have a right to learn and play, safely and happily. 	<p>proud of different things.</p> <ul style="list-style-type: none"> To know that people can be good at different things. To know what being unique means. To know that people have different homes and why they are important to them. To know different ways of making friends. To know different ways to stand up for myself. To know the names of some emotions such as happy, sad, frightened, angry. To know that they don't have to be 'the same as' to be a friend. To know why having friends is important. To know some qualities of a positive friendship. 	<ul style="list-style-type: none"> To know that it is important to keep trying. To know what a goal is. To know how to set goals and work towards them. To know which words are kind. To know some jobs that they might like to do when they are older. To know that they must work hard now in order to be able to achieve the job that they want when they are older. 	<ul style="list-style-type: none"> To know what the word 'healthy' means To know some things that they need to do to keep healthy To know that they need to exercise to keep healthy To know how to help themselves go to sleep and that sleep is good for them To know when and how to wash their hands properly To know what to do if they get lost To know how to say No to stranger 	<p>family have different responsibilities (jobs)</p> <ul style="list-style-type: none"> To know some of the characteristics of healthy and safe friendship To know that friends sometimes fall out To know some ways to mend a friendship To know that unkind words can never be taken back and they can hurt To know how to use Jigsaw's Calm Me to help when feeling angry To know some reasons why others get angry 	<p>body (see vocabulary list)</p> <ul style="list-style-type: none"> To know that we grow from baby to adult To know who to talk to if they are feeling worried To know that sharing how they feel can help solve a worry To know that remembering happy times can help us move on
Year 1	<ul style="list-style-type: none"> To understand the rights and responsibilities of a member of a class To understand that their views are important. To understand that their choices have consequences To understand their own rights and responsibilities with their classroom. 	<ul style="list-style-type: none"> To know that people have differences and similarities To know what bullying means. To know who to tell if they or someone else is being bullied or is feeling unhappy To know skills to make friendships To know that people are unique 	<ul style="list-style-type: none"> To know how to set simple goals. To know how to achieve a goal. To know how to work well with a partner To know that tackling a challenge can stretch their learning To know how to identify obstacles which make achieving their goals difficult and 	<ul style="list-style-type: none"> To know the difference between being healthy and unhealthy To know some ways to keep healthy To know how to make healthy lifestyle choices To know how to keep themselves clean and healthy To know that germs cause disease / illness 	<ul style="list-style-type: none"> To know that everyone's family is different To know that there are lots of different types of families To know that families are founded on belonging, love and care To know how to make a friend To know the characteristics of 	<ul style="list-style-type: none"> To know that animals including humans have a life cycle To know that changes happen when we grow up To know that people grow up at different rates and that is normal To know the names of male and female private body parts To know that there are correct names

		and that it is OK to be different	<p>work out how to overcome them</p> <ul style="list-style-type: none"> To know when a goal has been achieved 	<ul style="list-style-type: none"> To know that all household products, including medicines, can be harmful if not used properly To know that medicines can help them if they feel poorly To know how to keep safe when crossing the road To know about people who can keep them safe 	<p>healthy and safe friends</p> <ul style="list-style-type: none"> To know that physical contact can be used as a greeting To know about the different people in the school community and how they help To know who to ask for help in the school community 	<p>for private body parts and nicknames, and when to use them</p> <ul style="list-style-type: none"> To know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these To know who to ask for help if they are worried or frightened To know that learning brings about change
Year 2	<ul style="list-style-type: none"> To identify hopes and fears for the year ahead To understand the rights and responsibilities of class members To know that it is important to listen to other people To understand that their own views are valuable To know about rewards and consequences and that these stem from choices To know that positive choices impact positively on self-learning and the learning of others 	<ul style="list-style-type: none"> To know there are stereotypes about boys and girls To know that it is OK not to conform to gender stereotypes To know it is good to be yourself To know that sometimes people get bullied because of difference To know the difference between right and wrong and the role that choice has to play in this To know that friends can be different and still be friends • To know where to get help if being bullied Know the difference between a one-off incident and bullying 	<ul style="list-style-type: none"> To know how to choose a realistic goal and think about how to achieve it To know that it is important to persevere To know how to recognise what working together well looks like To know what good group working looks like To know how to share success with other people 	<ul style="list-style-type: none"> To know what their body needs to stay healthy To know what relaxed means To know what makes them feel relaxed / stressed To know how medicines work in their bodies To know that it is important to use medicines safely To know how to make some healthy snacks To know why healthy snacks are good for their bodies To know which foods given their bodies energy 	<ul style="list-style-type: none"> To know that everyone's family is different To know that families function well when there is trust, respect, care, love and co-operation To know that there are lots of forms of physical contact within a family To know how to stay stop if someone is hurting them To know some reasons why friends have conflicts To know that friendships have ups and downs and sometimes change with time To know how to use the Mending Friendships or Solve-it-together problem-solving methods 	<ul style="list-style-type: none"> To know that life cycles exist in nature To know that aging is a natural process including old-age To know that some changes are out of an individual's control To know how their bodies have changed from when they were a baby and that they will continue to change as they age To know the physical differences between male and female bodies To know the correct names for private body parts To know that private body parts are special and that no one has the right to hurt these To know who to ask for help if they are

					<ul style="list-style-type: none">• To know there are good secrets and worry secrets and why it is important to share worry secrets• To know what trust is	<p>worried or frightened</p> <ul style="list-style-type: none">• To know there are different types of touch and that some are acceptable and some are unacceptable
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Progression of Skills



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery	<ul style="list-style-type: none"> Know special things about themselves Know that some people are different from themselves Know how happiness and sadness can be expressed Know that hands can be used kindly and unkindly Know that being kind is good 	<ul style="list-style-type: none"> Recognise ways in which they are the same as their friends and ways they are different Identify what is bullying and what isn't Understand how being bullied might feel Know ways to help a person who is being bullied Verbalise some of the attributes that make them unique and special 	<ul style="list-style-type: none"> Understand that challenges can be difficult Recognise some of the feelings linked to perseverance Talk about a time that they kept on trying and achieved a goal Recognise how kind words can encourage people Feel proud Celebrate success 	<ul style="list-style-type: none"> Recognise how exercise makes them feel Recognise how different foods can make them feel Can explain what they need to do to stay healthy Can give examples of healthy food Can explain how they might feel if they don't get enough sleep Can explain what to do if a stranger 	<ul style="list-style-type: none"> Can identify what jobs they do in their family and those carried out by parents/carers and siblings Can suggest ways to make a friend or help someone who is lonely Can recognise what being angry feels like Can use Calm Me when angry or upset 	<ul style="list-style-type: none"> Can identify how they have changed from a baby Can say what might change for them they get older Recognise that changing class can illicit happy and/or sad emotions Can identify positive memories from the past year in school/home
Reception	<ul style="list-style-type: none"> Know special things about themselves Know that some people are different from themselves Know how happiness and sadness can be expressed Know that hands can be used kindly and unkindly 	<ul style="list-style-type: none"> Recognise ways in which they are the same as their friends and ways they are different Identify what is bullying and what isn't Understand how being bullied might feel 	<ul style="list-style-type: none"> Understand that challenges can be difficult Recognise some of the feelings linked to perseverance Talk about a time that they kept on trying and achieved a goal Be ambitious Resilience 	<ul style="list-style-type: none"> Recognise how exercise makes them feel Recognise how different foods can make them feel Can explain what they need to do to stay healthy Can give examples of healthy food Can explain how they might feel if 	<ul style="list-style-type: none"> Can identify what jobs they do in their family and those carried out by parents/carers and siblings Can suggest ways to make a friend or help someone who is lonely Can use different ways to mend a friendship 	<ul style="list-style-type: none"> Can identify how they have changed from a baby Can say what might change for them they get older Recognise that changing class can illicit happy and/or sad emotions Can say how they feel about changing class/ growing up

	<ul style="list-style-type: none"> Know that being kind is good Know they have a right to learn and play safely and happily. 	<ul style="list-style-type: none"> Know ways to help a person who is being bullied Identify emotions associated with making a new friend Verbalise some of the attributes that make them unique and special 	<ul style="list-style-type: none"> Recognise how kind words can encourage people Feel proud Celebrate success 	<ul style="list-style-type: none"> they don't get enough sleep Can explain what to do if a stranger 	<ul style="list-style-type: none"> Can recognise what being angry feels like Can use Calm Me when angry or upset 	<ul style="list-style-type: none"> Can identify positive memories from the past year in school/home
Year 1	<ul style="list-style-type: none"> Understanding that they are special Understand that they are safe in their class Identifying helpful behaviours to make the class a safe place Identify what it's like to feel proud of an achievement Recognise feelings associated with positive and negative consequences Understand that they have choice 	<ul style="list-style-type: none"> Recognise ways in which they are the same as their friends and ways they are different Identify what is bullying and what isn't Understand how being bullied might feel Know ways to help a person who is being bullied Identify emotions associated with making a new friend Verbalise some of the attributes that make them unique and special 	<ul style="list-style-type: none"> Recognise things that they do well Explain how they learn best Celebrate an achievement with a friend Recognise their own feelings when faced with a challenge Recognise their own feelings when they are faced with an obstacle Recognise how they feel when they overcome an obstacle Can store feelings of success so that they can be used in the future 	<ul style="list-style-type: none"> Feel good about themselves when they make healthy choices Realise that they are special Keep themselves safe Recognise ways to look after themselves if they feel poorly Recognise when they feel frightened and know how to ask for help Recognise how being healthy helps them to feel happy 	<ul style="list-style-type: none"> Can express how it feels to be part of a family and to care for family members Can say what being a good friend means Can show skills of friendship Can identify forms of physical contact they prefer Can say no when they receive a touch they don't like Can praise themselves and others Can recognise some of their personal qualities Can say why they appreciate a special relationship 	<ul style="list-style-type: none"> Understand and accepts that change is a natural part of getting older Can identify some things that have changed and some things that have stayed the same since being a baby (including the body) Can express why they enjoy learning Can suggest ways to manage change e.g. moving to a new class
Year 2	<ul style="list-style-type: none"> Identifying hopes and fears for the year ahead Understand the rights and responsibilities of class members Know that it is important to listen to other people Understand that their own views are valuable Know about rewards and 	<ul style="list-style-type: none"> Understand that boys and girls can be similar in lots of ways and that is OK Understand that boys and girls can be different in lots of ways and that is OK Explain how being bullied can make someone feel Can choose to be kind to someone who is being bullied 	<ul style="list-style-type: none"> Be able to describe their own achievements and the feelings linked to this Recognise their own strengths as a learner Recognise how working with others can be helpful Be able to work effectively with a partner 	<ul style="list-style-type: none"> Desire to make healthy lifestyle choices Identify when a feeling is weak and when a feeling is strong Feel positive about caring for their bodies and keeping it healthy Have a healthy relationship with food 	<ul style="list-style-type: none"> Identify the different roles and responsibilities in their family Can recognise the value that families can bring Can recognise and talk about the types of physical contact that is acceptable or unacceptable Can use positive problem-solving techniques 	<ul style="list-style-type: none"> Can appreciate that changes will happen and that some can be controlled and others not Be able to express how they feel about changes Show appreciation for people who are older Can recognise the independence and responsibilities they have now compared

	<p>consequences and that these stem from choices</p> <ul style="list-style-type: none"> Know that positive choices impact positively on self-learning and the learning of others 	<p>Know how to stand up for themselves when they need to</p> <ul style="list-style-type: none"> Recognise that they shouldn't judge people because they are different Understand that everyone's differences make them special and unique 	<ul style="list-style-type: none"> Be able to choose a partner with whom they work well Be able to work as part of a group Recognise how it feels to be part of a group that succeeds and store this feeling What goals have you set at school? What goal would you like to set for home? What do you need to do achieve your goal? How do you feel when something is difficult? How do you feel when you have achieved a goal? How do you like to celebrate when you achieve something you are proud of? How can we celebrate each other's achievements at home? Does Jigsaw Jo help you learn? 	<ul style="list-style-type: none"> Express how it feels to share healthy food with their friend 	<p>(Mending Friendships or Solve-it-together) to resolve a friendship conflict</p> <ul style="list-style-type: none"> Can identify the negative feelings associated with keeping a worry secret Can identify the feelings associated with trust Can identify who they trust in their own relationships Can give and receive compliments Can say who they would go to for help if they were worried or scared 	<p>to being a baby or toddler</p> <ul style="list-style-type: none"> Can say what greater responsibilities and freedoms they may have in the future Can say who they would go to for help if worried or scared Can say what types of touch they find comfortable/uncomfortable Be able to confidently ask someone to stop if they are being hurt or frightened Can say what they are looking forward to in the next year
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Progression of Vocabulary



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery	Kind, Gentle, Friend, Similar(ity), Different, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns.	Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family	Dream, Goal, Challenge, Job, Perseverance, Achievement, Happy, Kind, Encourage.	Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scared, Trust.	Family, Jobs, Relationship, Friend, Lonely, Argue, Words, Feelings, Angry, Upset, Calm me, Breathing	Eye, Foot, Eyebrow, Ear, Mouth, Arm, Leg, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited
Reception	Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns.	Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family	Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage.	Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scared, Trust.	Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing	Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories
Year 1	Safe, Special, Calm, Belonging, Special, Rights, Responsibilities, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration	Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique	Proud, Success, Achievement, Goal, Treasure, Coins, Goal, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve, Dreams, Goals	Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.	Family, Belong, Same, Different, Friends, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate.	Changes, Life cycles, Baby, Adult, Adulthood, Grown-up, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping
Year 2	Worries, Hopes, Fears, Belonging, Rights, Responsibilities, Responsible, Actions, Praise, Reward,	Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Kind, Unkind, Feelings, Sad,	Realistic, Proud, Success, Celebrate, Achievement, Goal, Strength, Persevere, Challenge, Difficult, Easy,	Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines,	Family, Different, Similarities, Special, Relationship, Important, Co-operate, Touch, Physical contact, Communication,	Change, Grow, Control, Life cycle, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical,

	Consequence, Positive, Negative, Choices, Co-Operate, Learning Charter, Problem-Solving.	Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Friends, Unique, Value	Learning Together, Partner, Team work, Product.	Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious	Hugs, Like, Dislike, Acceptable, Not acceptable, Friends, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate, Appreciate	Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy
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