Jigsaw
The mindful approach to PSHE

Being me in my world
Celebrating difference
Dreams and goals
Healthy me
Relationships
Changing me

Year 6

Emotional and mental health: Managing stress and pressure; Mental health; Love and loss; Power and control; Being online and using technology responsibly; Puberty and conception; Boyfriends and girlfriends; Self image

Health and wellbeing: Steps to success; Personal learning goals; Understanding difference; Our learning charter

Drugs, exploitation and gangs; Making a difference in the world; Bullying; Power struggles; My year ahead; Being a global citizen

Year 5

Body Image: Recognising me; Online safety and gaming; My relationship with technology; Self and body image; Puberty and conception

Dealing with emergencies: Dreams and Goals; When I grow up; Racism; Different cultures; Our learning charter

Smoking and alcohol; Jobs and Careers; Bullying; Rumours and name calling; Rewards and consequences; Being a citizen

Year 4

My friends and me: Healthy friendships; Smoking and alcohol; Getting on and falling out; Love and loss; Girlfriends and boyfriends; Having a baby; Girls and puberty; Accepting change

Achieving goals; Problem solving; Understanding differences; Judging by appearances; Our learning; Being a school citizen

Overcoming disappointment; Hopes and dreams; Bullying; Rewards and consequences; Rights, Responsibilities and democracy

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Celebrating difference
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Healthy me
Relationships
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Cont.

Online safety
Babies and how they grow
Family stereotypes
Family roles and responsibilities
Being an global citizen
Body changes

Year 3

My amazing body
Being fit and healthy
Celebrating my learning
Words that harm
Families and conflict
Our school
Safe and unsafe
What do I know about drugs?
My dreams and ambitions
Feelings and solutions
Our learning charter
Rewards and consequences

Year 2

Healthy eating
Family, friends and conflict
Keeping safe, trust and appreciation
Changing me
From young to old
Boys and girls bodies
Being healthy and relaxed
Learning with others
Gender diversity
Boys and girls
Rights and Responsibilities
Hopes and fears
Celebrating achievement
My learning strengths
Goals to success
Bullying
Our learning charter
Rewards and consequences

Year 1

Overcoming obstacles
Healthy choices
Road safety
Family and friends
People who help us
Changing bodies
Learning and growing
Working well with others
Making friends
The same as and different from
Consequences
Rights and Responsibilities
Special and safe
My goals
Celebrating difference, celebrating me
Bullying
Our learning charter
Rewards and feeling proud
My class