



## PSHE CURRICULUM OVERVIEW

### PSHE STATEMENT OF INTENT

Personal, Social & Health Education (PSHE) is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives - both now and in the future. Here at Our Lady's, we use the Jigsaw scheme to develop the qualities and attributes pupils need to thrive as individuals, family members and members of society.

Lessons start in the Early Years and are progressively built upon, right through the school into Y6. The Jigsaw scheme places children at its heart, and its cohesive vision helps children understand and value who they are and how they fit in and contribute to the world.

- ✓ Jigsaw PSHE is a comprehensive and completely original Scheme of Work for the whole Primary School from Reception through to Year 6. It brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning.
- ✓ SMSC (Spiritual, Moral, Social and Cultural) development opportunities are mapped throughout.
- ✓ Jigsaw contributes to the British Values agenda very significantly, both through the direct teaching of information and through the experiential learning children will enjoy.

### RECEPTION

AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>Being Me in My World</p> <ul style="list-style-type: none"> <li>• Help others feel welcome</li> <li>• Try to make our school community a better place</li> <li>• Think about everybody's right to learn</li> <li>• Care about other people's feelings</li> <li>• <b>Work well with others</b></li> <li>• <b>Choose to follow the classroom rules</b></li> </ul> <p>Celebrating difference</p> <ul style="list-style-type: none"> <li>• Accept that everyone is different</li> <li>• <b>Try to solve problems and use kind words</b></li> </ul>	<p>Dreams and goals</p> <ul style="list-style-type: none"> <li>• Stay motivated when doing something challenging</li> <li>• Keep trying even when it is difficult</li> <li>• <b>Work well with a partner or in a group</b></li> </ul> <p>Healthy me</p> <ul style="list-style-type: none"> <li>• Have made a healthy choice</li> <li>• Have eaten a healthy balanced diet</li> <li>• Have been physically active</li> <li>• <b>Have tried to keep themselves and others safe</b></li> </ul>	<p>Relationships</p> <ul style="list-style-type: none"> <li>• Know how to make friends</li> <li>• Try to solve friendship problems when they occur</li> <li>• Help others to feel part of a group</li> <li>• <b>Show respect in how they treat others</b></li> </ul> <p>Journey in Love</p> <ul style="list-style-type: none"> <li>• Children begin to know and understand that they are part of the wonder of God's love and creation.</li> </ul>

**YEAR 1**

AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>Being Me in My World</p> <ul style="list-style-type: none"> <li>I understand the rights and responsibilities of being a member in my class</li> <li>I know how to make my class a safe place for everybody to learn</li> </ul> <p>Celebrating difference</p> <ul style="list-style-type: none"> <li>I can tell you ways that I am different from my friends.</li> <li>I understand these differences make us all special and unique.</li> </ul>	<p>Dreams and goals</p> <ul style="list-style-type: none"> <li>I can tell you how I felt when I succeeded in a new challenge and celebrated it.</li> <li>I know how to store the feelings of success in my internal treasure chest.</li> </ul> <p>Healthy me</p> <ul style="list-style-type: none"> <li>I can tell you why I think my body is amazing and can identify to some ways to keep it healthy and safe.</li> <li>I can recognise how being healthy helps me to feel happy.</li> </ul>	<p>Relationships</p> <ul style="list-style-type: none"> <li>I can tell you why I appreciate someone who is special to me.</li> <li>I can express how I feel about them.</li> </ul> <p>Journey in Love</p> <ul style="list-style-type: none"> <li>Children know and understand that they are growing and developing as members of their own family and God's family.</li> </ul>

**YEAR 2**

AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>Being Me in My World</p> <ul style="list-style-type: none"> <li>I understand the rights and responsibilities of being a member in my class and school</li> <li>I can help to make my class a safe and fair space to learn</li> </ul> <p>Celebrating differences</p> <ul style="list-style-type: none"> <li>I can identify some ways in which my friend is different from me.</li> <li>I can tell you why I value this difference about him/her.</li> </ul>	<p>Dreams and Goals</p> <ul style="list-style-type: none"> <li>I can explain some of the ways I work cooperatively in my group to create the end product.</li> <li>I can express how it felt to be working as part of this group.</li> </ul> <p>Healthy me</p> <ul style="list-style-type: none"> <li>I can make some healthy snacks and explain why they are good for my body.</li> <li>I can express how it feels to share healthy food with my friends.</li> </ul>	<p>Relationships</p> <ul style="list-style-type: none"> <li>I can identify some of the things that cause me conflict between me and my friends.</li> <li>I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends.</li> </ul> <p>Journey in Love</p> <ul style="list-style-type: none"> <li>Children know and understand that they are growing and developing in a God-given community.</li> </ul>

**YEAR 3**

AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>Being me in my world</p> <ul style="list-style-type: none"> <li>I understand why rules are needed and how they</li> </ul>	<p>Dreams and goals</p> <ul style="list-style-type: none"> <li>I can evaluate my own learning process and</li> </ul>	<p>Relationships</p> <ul style="list-style-type: none"> <li>I can explain how some of the actions and work of</li> </ul>

<p>relate to rights and responsibilities</p> <ul style="list-style-type: none"> <li>I value myself and know how to make someone else feel valued and welcome</li> </ul> <p>Celebrating difference</p> <ul style="list-style-type: none"> <li>I can tell you about a time when my words affected someone's feelings and what the consequences were.</li> <li>I can give and receive compliments and know how this feels.</li> </ul>	<p>identify how it can be better next time.</p> <ul style="list-style-type: none"> <li>I am confident in sharing my success with others and know how to store my feelings in my internal treasure chest.</li> </ul> <p>Healthy me</p> <ul style="list-style-type: none"> <li>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.</li> <li>I can express how being anxious or scared feels.</li> </ul>	<p>people around the world help and influence my life.</p> <ul style="list-style-type: none"> <li>I can show an awareness of how this could affect my choices.</li> </ul> <p>Journey in Love</p> <ul style="list-style-type: none"> <li>Children know and understand the virtues essential to friendship e.g. loyalty, responsibility and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.</li> </ul>
--	---	---

**YEAR 4**

AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>Being me in my world</p> <ul style="list-style-type: none"> <li>I understand how democracy and having a voice benefits the school community</li> <li>I can take on a role in a group and contribute to the overall outcome</li> </ul> <p>Celebrating differences</p> <ul style="list-style-type: none"> <li>I can tell you a time when my first impression of someone changed as I got to know them.</li> <li>I can explain why it is good to accept people for who they are.</li> </ul>	<p>Dreams and goals</p> <ul style="list-style-type: none"> <li>I know how to make a new plan and set new goals even if I have been disappointed.</li> <li>I know what it means to be resilient and to have a positive attitude.</li> </ul> <p>Healthy me</p> <ul style="list-style-type: none"> <li>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</li> <li>I can identify feelings of anxiety and fear associated with peer pressure.</li> </ul>	<p>Relationships</p> <ul style="list-style-type: none"> <li>I can explain different points of view on animal rights issues.</li> <li>I can express my own opinion and feelings on this.</li> </ul> <p>Journey in Love</p> <ul style="list-style-type: none"> <li>Children know and understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change.</li> </ul>

**YEAR 5**

AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>Being me in my world</p> <ul style="list-style-type: none"> <li>I understand my rights and responsibilities as a British citizen and a member of my school</li> </ul>	<p>Dreams and Goals</p> <ul style="list-style-type: none"> <li>I can describe the dreams and goals of a young person in a culture different from mine.</li> </ul>	<p>Relationships</p> <ul style="list-style-type: none"> <li>I can explain how to stay safe when using technology to communicate with my friends.</li> </ul>

<ul style="list-style-type: none"> <li>I can empathise with people in this country whose lives are different to my own</li> </ul> <p>Celebrating Differences - Anti-bullying</p> <ul style="list-style-type: none"> <li>I can explain the differences between direct and indirect types of bullying.</li> <li>I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied.</li> </ul>	<ul style="list-style-type: none"> <li>I can reflect on how these relate to my own.</li> </ul> <p>Healthy Me</p> <ul style="list-style-type: none"> <li>I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures.</li> <li>I respect and value my body.</li> </ul>	<ul style="list-style-type: none"> <li>I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others.</li> </ul> <p>Journey in Love</p> <p>Children know and become aware of the physical and emotional changes that accompany puberty-sensitivity, mood swings, anger, boredom, etc.</p> <p>They grow further in their understanding of God's presence in their daily lives.</p>
---	--	--

**YEAR 6**

AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>Being Me In My World</p> <ul style="list-style-type: none"> <li>I know that there are universal rights for all children but for many children these rights are not met</li> <li>I understand my own wants and needs and can compare these with children in different communities</li> </ul> <p>Celebrating Difference</p> <ul style="list-style-type: none"> <li>I can explain ways in which difference can be a source of conflict or a cause for celebration.</li> <li>I can show empathy with people in either situation.</li> </ul>	<p>Dreams and Goals</p> <ul style="list-style-type: none"> <li>I can describe some ways in which I can work with other people to help make the world a better place.</li> <li>I can identify why I am motivated to do this.</li> </ul> <p>Healthy Me</p> <ul style="list-style-type: none"> <li>I can evaluate when alcohol is being used responsibly, anti-socially or being misused.</li> <li>I can tell you how I feel about using alcohol when I am older and my reasons for this.</li> </ul>	<p>Relationships</p> <ul style="list-style-type: none"> <li>I can recognise when people are trying to gain power or control.</li> <li>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.</li> </ul> <p>Journey in Love</p> <ul style="list-style-type: none"> <li>Children develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.</li> </ul>