



# PSHE Curriculum Overview

A parent-friendly overview from EYFS to Year 6

At Cage Green Primary School, PSHE helps children develop the knowledge, skills and confidence they need to understand themselves, build healthy relationships, stay safe and make informed choices. We follow the Jigsaw PSHE curriculum and teach in line with statutory Relationships, Sex and Health Education (RSHE) guidance.

## Our school values

**DETERMINATION**

**EXCELLENCE**

**INTEGRITY**

**RESPECT**

**RESPONSIBILITY**

## Our curriculum drivers

**More Choices • More People • More Places**

Our PSHE curriculum broadens children's understanding of the choices available to them, the people and communities around them, and the wider world they are part of.

This document is a school-written summary for parents. It follows the Jigsaw PSHE curriculum structure and names key curriculum content clearly, while not reproducing licensed lesson plans, teaching resources or publisher materials.

# How PSHE reflects our values and drivers

PSHE is a natural place for children to practise our values and to experience our three curriculum drivers in meaningful ways.

| Value                 | What this looks like in PSHE                                                                   |
|-----------------------|------------------------------------------------------------------------------------------------|
| <b>Determination</b>  | Persevering with challenges, managing setbacks and adapting positively to change.              |
| <b>Excellence</b>     | Setting goals, recognising progress and developing confidence in what children can achieve.    |
| <b>Integrity</b>      | Making honest, safe and responsible decisions, even when choices are difficult.                |
| <b>Respect</b>        | Valuing themselves and others, understanding difference and building healthy relationships.    |
| <b>Responsibility</b> | Understanding consequences, caring for wellbeing and contributing positively to the community. |

## Our three curriculum drivers help us extend this learning:

**More Choices:** Children learn how knowledge, self-awareness and aspiration can open future choices and help them make safer, healthier decisions.

**More People:** Children encounter different families, identities, communities and viewpoints, building empathy and respect.

**More Places:** Children consider life beyond their immediate experience, including community, global citizenship and the online world.

## A note for parents

Jigsaw is organised into six recurring "Puzzle Pieces": Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me. The same six areas are revisited each year with content that develops in an age-appropriate way. The year-group summaries below name specific content including families, bodies, puberty, substances, online safety, relationships and consent so that parents can see clearly what is taught.

# EYFS

Ages 3–5

| Jigsaw Puzzle Piece           | Key learning and specific content                                                                                                                                                                                                       |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Being Me in My World</b>   | <ul style="list-style-type: none"> <li>• Self-identity, understanding feelings and being part of a classroom.</li> <li>• Being gentle, and beginning to understand simple rights and responsibilities.</li> </ul>                       |
| <b>Celebrating Difference</b> | <ul style="list-style-type: none"> <li>• Identifying talents, recognising that everyone is special and talking about families and where people live.</li> <li>• Making friends and learning ways to stand up for themselves.</li> </ul> |
| <b>Dreams and Goals</b>       | <ul style="list-style-type: none"> <li>• Taking on challenges, persevering and beginning to set goals.</li> <li>• Overcoming obstacles, asking for help and learning that adults have different jobs.</li> </ul>                        |
| <b>Healthy Me</b>             | <ul style="list-style-type: none"> <li>• Exercise and physical activity, healthy food and sleep.</li> <li>• Keeping clean and learning simple ways to stay safe.</li> </ul>                                                             |
| <b>Relationships</b>          | <ul style="list-style-type: none"> <li>• Family life and friendships, including what makes a good friend.</li> <li>• Falling out, friendship difficulties and dealing with bullying or unkind behaviour.</li> </ul>                     |
| <b>Changing Me</b>            | <ul style="list-style-type: none"> <li>• Bodies and respecting their own body.</li> <li>• Growing up, growth and change, worries or fears, and celebrations.</li> </ul>                                                                 |

# Year 1

Ages 5–6

| Jigsaw Puzzle Piece           | Key learning and specific content                                                                                                                                                                                                           |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Being Me in My World</b>   | <ul style="list-style-type: none"> <li>• Feeling special and safe, being part of a class, and understanding rights and responsibilities.</li> <li>• Rewards, feeling proud, consequences and expectations for learning.</li> </ul>          |
| <b>Celebrating Difference</b> | <ul style="list-style-type: none"> <li>• Similarities and differences between people.</li> <li>• What bullying is, how to deal with it, making new friends and celebrating difference.</li> </ul>                                           |
| <b>Dreams and Goals</b>       | <ul style="list-style-type: none"> <li>• Setting goals and identifying successes and achievements.</li> <li>• Different ways of learning, working with a partner, tackling challenges and overcoming obstacles.</li> </ul>                  |
| <b>Healthy Me</b>             | <ul style="list-style-type: none"> <li>• Keeping healthy through everyday choices and personal hygiene.</li> <li>• Safety at home and on the road, including safe use of medicines and household items.</li> </ul>                          |
| <b>Relationships</b>          | <ul style="list-style-type: none"> <li>• Belonging to a family, making friends and qualities of a good friend.</li> <li>• Physical-contact preferences and boundaries, people who help us, self-worth and special relationships.</li> </ul> |
| <b>Changing Me</b>            | <ul style="list-style-type: none"> <li>• Animal and human life cycles and changes since babyhood.</li> <li>• Correct terminology for external male and female body parts, coping with change and preparing for transition.</li> </ul>       |

# Year 2

Ages 6–7

| Jigsaw Puzzle Piece           | Key learning and specific content                                                                                                                                                                                                                    |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Being Me in My World</b>   | <ul style="list-style-type: none"> <li>• Hopes and worries for the year, rights and responsibilities, rewards and consequences.</li> <li>• Making choices, recognising feelings and contributing to a safe and fair learning environment.</li> </ul> |
| <b>Celebrating Difference</b> | <ul style="list-style-type: none"> <li>• Gender assumptions and stereotypes and recognising bullying.</li> <li>• Standing up for themselves and others, making new friends and celebrating difference while remaining friends.</li> </ul>            |
| <b>Dreams and Goals</b>       | <ul style="list-style-type: none"> <li>• Achieving realistic goals, recognising strengths and using perseverance.</li> <li>• Staying healthy to help achieve goals, learning with others, cooperating and sharing success.</li> </ul>                |
| <b>Healthy Me</b>             | <ul style="list-style-type: none"> <li>• Motivation and healthier choices, including healthy eating and nutrition.</li> <li>• Safety at home and out and about, including medicine safety.</li> </ul>                                                |
| <b>Relationships</b>          | <ul style="list-style-type: none"> <li>• Different types of family and healthy physical-contact boundaries.</li> <li>• Friendship conflict, secrets, trust, appreciation and expressing care within important relationships.</li> </ul>              |
| <b>Changing Me</b>            | <ul style="list-style-type: none"> <li>• Life cycles, growing from young to old and increasing independence.</li> <li>• Correct terminology for male and female body differences, assertiveness and preparing for transition.</li> </ul>             |

# Year 3

Ages 7–8

| Jigsaw Puzzle Piece           | Key learning and specific content                                                                                                                                                                                                                                            |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Being Me in My World</b>   | <ul style="list-style-type: none"> <li>• Setting personal goals, self-identity and self-worth, and responding positively to challenges.</li> <li>• Rules, rights and responsibilities, rewards and consequences, responsible choices and seeing other viewpoints.</li> </ul> |
| <b>Celebrating Difference</b> | <ul style="list-style-type: none"> <li>• Different families and family structures, including age-appropriate ways to manage family conflict.</li> <li>• Bullying, hurtful words, witnessing bullying, and giving and receiving compliments.</li> </ul>                       |
| <b>Dreams and Goals</b>       | <ul style="list-style-type: none"> <li>• Dreams and ambitions, difficult challenges, motivation and overcoming obstacles.</li> <li>• Evaluating learning, contributing to the community, managing feelings and simple budgeting.</li> </ul>                                  |
| <b>Healthy Me</b>             | <ul style="list-style-type: none"> <li>• Exercise, food labelling and healthy swaps.</li> <li>• Attitudes towards drugs, online and offline safety, outdoor and water safety, respect and asking for help.</li> </ul>                                                        |
| <b>Relationships</b>          | <ul style="list-style-type: none"> <li>• Family roles and responsibilities, friendship and negotiation.</li> <li>• Online safety and where to get help, media influence, global citizenship and how choices affect other people.</li> </ul>                                  |
| <b>Changing Me</b>            | <ul style="list-style-type: none"> <li>• How babies grow and the external and internal body changes that happen as children grow.</li> <li>• Personal hygiene, family stereotypes, challenging ideas and preparing for transition.</li> </ul>                                |

# Year 4

Ages 8–9

| Jigsaw Puzzle Piece           | Key learning and specific content                                                                                                                                                                                                                                               |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Being Me in My World</b>   | <ul style="list-style-type: none"> <li>• Being part of a class team and being a school citizen.</li> <li>• Rights, responsibilities and democracy, including school council, group decision-making, having a voice and consequences.</li> </ul>                                 |
| <b>Celebrating Difference</b> | <ul style="list-style-type: none"> <li>• Challenging assumptions, judging by appearance and first impressions.</li> <li>• Accepting self and others, understanding influences, bullying, problem-solving and recognising that everyone is unique.</li> </ul>                    |
| <b>Dreams and Goals</b>       | <ul style="list-style-type: none"> <li>• Hopes and dreams, coping with disappointment and creating new realistic goals.</li> <li>• Working in a group, celebrating contributions, resilience and positive attitudes.</li> </ul>                                                 |
| <b>Healthy Me</b>             | <ul style="list-style-type: none"> <li>• Healthy friendships, peer influence and staying safe with friends and around railways.</li> <li>• Smoking, alcohol and vaping, peer pressure, assertiveness and recognising inner strength.</li> </ul>                                 |
| <b>Relationships</b>          | <ul style="list-style-type: none"> <li>• Jealousy, love and loss, memories of loved ones and repairing relationships after falling out.</li> <li>• Age-appropriate discussion of boyfriend/girlfriend relationships and showing appreciation for people and animals.</li> </ul> |
| <b>Changing Me</b>            | <ul style="list-style-type: none"> <li>• Being unique and learning about puberty, including changes for girls.</li> <li>• Being part of a family, confidence in change, accepting change, environmental change and transition.</li> </ul>                                       |

# Year 5

Ages 9–10

| Jigsaw Puzzle Piece           | Key learning and specific content                                                                                                                                                                                                                             |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Being Me in My World</b>   | <ul style="list-style-type: none"> <li>• Planning for the year, being a citizen, and understanding rights and responsibilities.</li> <li>• Rewards and consequences, how behaviour affects groups, democracy, having a voice and participation.</li> </ul>    |
| <b>Celebrating Difference</b> | <ul style="list-style-type: none"> <li>• Cultural differences and how conflict can arise, including racism.</li> <li>• Rumours, name-calling and different types of bullying, material wealth and happiness, and respecting other cultures.</li> </ul>        |
| <b>Dreams and Goals</b>       | <ul style="list-style-type: none"> <li>• Future dreams, jobs and careers, and steps towards a chosen job.</li> <li>• Spending, saving and the value of money, goals in different cultures, charity and motivation.</li> </ul>                                 |
| <b>Healthy Me</b>             | <ul style="list-style-type: none"> <li>• Smoking (including vaping), alcohol and links between alcohol and anti-social behaviour.</li> <li>• Emergency aid, body image, relationships with food, healthy choices and motivation.</li> </ul>                   |
| <b>Relationships</b>          | <ul style="list-style-type: none"> <li>• Self-worth and building self-esteem.</li> <li>• Safer online communities, online rights and responsibilities, gaming risks, screen time, online grooming and internet-safety rules.</li> </ul>                       |
| <b>Changing Me</b>            | <ul style="list-style-type: none"> <li>• Self-image and body image, including influence from online and media content.</li> <li>• Puberty for girls and boys, conception including IVF, growing responsibility, coping with change and transition.</li> </ul> |

# Year 6

Ages 10–11

| Jigsaw Puzzle Piece           | Key learning and specific content                                                                                                                                                                                                                                                            |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Being Me in My World</b>   | <ul style="list-style-type: none"> <li>• Goals for the year, global citizenship and children's universal rights.</li> <li>• Feeling welcome and valued, choices and consequences, group dynamics, democracy, anti-social behaviour and positive role models.</li> </ul>                      |
| <b>Celebrating Difference</b> | <ul style="list-style-type: none"> <li>• Perceptions of "normality", disability, power struggles and bullying.</li> <li>• Inclusion and exclusion, difference as a source of conflict or celebration, and empathy.</li> </ul>                                                                |
| <b>Dreams and Goals</b>       | <ul style="list-style-type: none"> <li>• Personal learning goals in and out of school, success criteria and emotions linked to success.</li> <li>• Making a difference in the world, motivation, recognising achievements and giving compliments.</li> </ul>                                 |
| <b>Healthy Me</b>             | <ul style="list-style-type: none"> <li>• Taking personal responsibility and understanding how substances affect the body.</li> <li>• Exploitation, including county lines and gang culture, emotional and mental health, and managing stress.</li> </ul>                                     |
| <b>Relationships</b>          | <ul style="list-style-type: none"> <li>• Mental-health worries and sources of support, love and loss, and managing feelings.</li> <li>• Power and control, assertiveness, technology safety and taking responsibility for technology use.</li> </ul>                                         |
| <b>Changing Me</b>            | <ul style="list-style-type: none"> <li>• Self-image and body image, puberty and the feelings linked to physical change.</li> <li>• Conception to birth, physical attraction, respect and consent, boyfriend/girlfriend relationships, sexting and transition to secondary school.</li> </ul> |

**Curriculum drivers: More Choices • More People • More Places**