



'Empower the adults of tomorrow'

(Jigsaw)

Introduction and Intent

The Jigsaw mission:

We believe that all children deserve to grow up happy and healthy, with the life skills to understand themselves and the world around them and be prepared for the opportunities and challenges of adult life.

This is what we want for all our pupils, and is why we have chosen to follow the Jigsaw curriculum. It reflects the needs of all our learners, building on prior knowledge and introducing topics at appropriate times. A broad range of topics are covered to equip pupils with a sound understanding of risk and provide them with the knowledge and skills needed to make safe and informed decisions. All statutory learning is covered and learning is planned for each year group to gain increasing knowledge and understanding. Primary pupils will have relationship education, then secondary pupils build on this through their relationship and sex education learning. Pupils access their Personal Social Health and Economic (PSHE) learning through weekly timetabled lessons, with all learning also embedded throughout the curriculum through cross-curricular links and within pupils' individual educational plans.

The National Curriculum states:

- *Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education.*

Through high-quality PSHE teaching, we are enabling our pupils to acquire the knowledge and skills to understand themselves and to be as fully prepared as possible for their futures.



EYFS (Nursery and Reception) Personal, Social, Emotional Development (PSED) Curriculum

EYFS LONG TERM PLAN

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
GENERAL THEMES	ALL ABOUT ME!	LETS CELEBRATE!	JACK FROST!	GROWING!	AMAZING ANIMALS!	UNDER THE SEA/OUR COLOURFUL WORLD!
PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT	<p>Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peacefully. These attributes will provide a secure platform from which children can achieve at school and in later life.</p>					
MANAGING SELF SELF REGULATION MAKING RELATIONSHIPS	<p>What makes me special? My special people. Who can help me (self-regulation)? Me and my feelings ZER (naming different feelings, thinking about how to feel with 'not so good feelings'. Self-care techniques. Know that some actions and words can hurt others feelings. Oral hygiene, daily teeth cleaning. Handwashing, before snack and dinner. Class rules, behavioural expectations in the class/boundaries.</p> <p><i>TIGSAW PSHE LINKS</i></p>	<p>I'm special you're special. Same and different. Same and different families. Same and different homes. Kind and caring. Independence, selecting and putting back own belongings. Oral hygiene, daily teeth cleaning. Handwashing, before snack and dinner. Class rules, behavioural expectations in the class/boundaries.</p> <p><i>TIGSAW PSHE LINKS</i></p>	<p>What's safe to go in my body? Keeping myself safe. Safe indoors and outdoors. Listening to my feelings. Keeping safe online. People who help to keep me safe. Oral hygiene, daily teeth cleaning. Handwashing, before snack and dinner. Class rules, behavioural expectations in the class/boundaries.</p> <p><i>TIGSAW PSHE LINKS</i></p>	<p>Looking after my special people. Looking after my friends. Being helpful at home and caring for our classroom. Caring for our world. Healthy eating, fruit kebabs/making a fruit smoothie. Oral hygiene, daily teeth cleaning. Handwashing, before snack and dinner. Class rules, behavioural expectations in the class/boundaries.</p> <p><i>TIGSAW PSHE LINKS</i></p>	<p>Bouncing back when things go wrong, resilience. Yes I can, confidence and resilience. Healthy eating. Move your body. A good night's sleep. Importance of exercise. Being kind to living creatures. Taking care of animals e.g. frogs/butterflies. Oral hygiene, daily teeth cleaning. Handwashing, before snack and dinner. Class rules, behavioural expectations in the class/boundaries.</p> <p><i>TIGSAW PSHE LINKS</i></p>	<p>Seasons Life stages, plants, animals, humans. Transition into my new class. Oral hygiene, daily teeth cleaning. Handwashing, before snack and dinner. Class rules, behavioural expectations in the class/boundaries.</p> <p><i>TIGSAW PSHE LINKS</i></p>



Year 1 Curriculum

(Check with Pastoral before commencing with the Changing Me Topic for guidance.)

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 5-6	<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter 	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	<ul style="list-style-type: none"> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success 	<ul style="list-style-type: none"> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness 	<ul style="list-style-type: none"> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships 	<ul style="list-style-type: none"> Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition

Year 2 Curriculum

(Check with Pastoral before commencing with the Changing Me Topic for guidance.)

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 6-7	<ul style="list-style-type: none"> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings 	<ul style="list-style-type: none"> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends 	<ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success 	<ul style="list-style-type: none"> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food 	<ul style="list-style-type: none"> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships 	<ul style="list-style-type: none"> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition



Year 3 Curriculum

(Check with Pastoral before commencing with the Changing Me Topic for guidance.)

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

Year 4 Curriculum

(Check with Pastoral before commencing with the Changing Me Topic for guidance.)

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First Impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change

Year 5 Curriculum

(Check with Pastoral before commencing with the Changing Me Topic for guidance.)

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 9-10	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition



Year 7 Curriculum

(Check with Pastoral before commencing with RSE Topics for guidance.)

Year/ Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 7 (11-12)	Unique me, differences & conflict. My influences, gateway emotions, belonging to a group, peer pressure, child on child abuse. Online safety, sexting, consequences, online legislation	Bullying, prejudice & discrimination (positive and negative) Equality Act, bystanders, stereotyping, challenging influences, negative behaviour and attitudes, assertiveness	Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills. Safe & unsafe choices, substances, gangs, knives, exploitation. Emergency first aid	Stress and anxiety, managing mental health, physical activity and mental health. Effects of substances, legal consequences. Nutrition and sleep. Vaccination, importance of information on making health choices	Characteristics of healthy relationships, consent. Relationships and change, emotions within friendships, child on child abuse. Rights and responsibilities, being discerning, assertiveness, sexting	Puberty changes, Reproduction facts, FGM, breast flattening/ironing. Responsibilities of parenthood, IVF, types of committed relationships. Media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support

Year 8 Curriculum

(Check with Pastoral before commencing with RSE Topics for guidance.)

Year/ Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 8 (12-13)	Self-identity, influences, family and identity. Stereotypes, personal beliefs and judgements. Managing expectations, first impressions, respect for the beliefs of others. Marriage, protected characteristics. Active listening	Positive change made by others, how positive behaviour affects feelings of wellbeing. Social injustice, inequality, community cohesion and support, multi-culturalism, diversity, race and religion. Stereotypes, prejudice, LGBT+ bullying, child on child abuse, hate crimes. Fear & emotions, stand up to bullying, the golden rule. Organ and blood donation	Long-term goals, skills, qualifications, careers, Money and happiness. Ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money. Online safety and legal responsibilities, gambling issues.	Long-term physical health, responsibility for own health. Dental health, stress triggers and help tips, substances and mood. Legislation associated with substances, exploitation and substances, county lines. Medicine and vaccinations.	Positive relationship with self, social media and relationship with self, negative self-talk. Managing a range of relationships, child on child abuse, personal space. Online etiquette, online privacy, bullying and personal safety. Social media issues and the law, coercion, unhealthy balance of power in relationships, sources of support	Types of close intimate relationships, physical attraction, love. Legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour



Year 9 Curriculum

(Check with Pastoral before commencing with RSE Topics for guidance.)

Year/ Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 9 (13-14)	<p>Perceptions about intimate relationships, consent. Sexual exploitation, peer approval, child on child abuse, grooming, radicalization, county lines. Risky experimentation, positive and negative self-identity, groups, influences, social media. Abuse and coercion, coercive control.</p>	<p>Protected characteristics, Equality Act, phobic and racist language. Legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, child on child abuse, bullying in the workplace. Direct and indirect discrimination, harassment, victimisation. Prejudice, discrimination and stereotyping</p>	<p>Personal strengths, health goals, SMART planning. The world of work. Links between body image and mental health. Non-financial dreams and goals. Mental health and ill health, media manipulation, self-harm, self-esteem, stigma, anxiety disorders, eating disorders, depression.</p>	<p>Misperceptions about young peoples' health choices, physical and psychological effects of drugs and alcohol. Alcohol and the law, alcohol and drug poisoning, addiction, smoking, vaping, drug classification, supply and possession legislation. Emergency situations, first aid, CPR, substances and safety, sources of advice and support</p>	<p>Healthy relationships, power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, age of consent, family planning, consequences of unprotected sex, STIs, support and advice services</p>	<p>Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on changes, benefits of relaxation</p>



Year 10 Curriculum

(Check with Pastoral before commencing with RSE Topics for guidance.)

Year/ Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 10 (14-15)	<p>Human rights, societal freedom, understanding safety in UK and beyond. Ending relationships safely, stages of grief, loss and bereavement.</p> <p>Social media and culture, use of online data, threats to online safety, online identity. Assessing and managing risk, the law and social media. Positive and negative relationships</p>	<p>Equality in the workplace, in society, in relationships, Equality act 2010, vulnerable groups including disability and hidden disability, workplace expectations, rights and responsibilities, power and control in relationships, coercive control, benefits of multi-cultural societies, Equity equality and inequality, my health.</p>	<p>Impact of physical health in reaching goals, relationships and reaching goals. Resilience, work-life balance, connections and impact of mental health.</p> <p>Balanced diet, vital organs, blood donation, benefits of helping others.</p> <p>Online profile and impact on future goals and employability.</p>	<p>Improving health, mental health, sexual health, blood-borne infections, self examination.</p> <p>Diet and long term health, misuse of prescription drugs, substances and the body. Common mental health disorders, positive impact of volunteering.</p> <p>Common threats to health including chronic disease. Epidemics, misuse of antibiotics, organ donation, stem cells</p>	<p>Sustaining long-term relationships, intimacy, healthy relationship with self, attraction, love, lust.</p> <p>Relationship choices, ending relationships safely, consequences of relationships ending e.g bullying, child on child abuse, revenge porn, grief cycle, impact on family. Understanding love, fake news, pornography.</p>	<p>Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully.</p> <p>Decision-making, sexual identity, gender, spectrum of sexuality.</p> <p>Stereotypes in romantic relationships, sexual identity and risk, physical and emotional changes, family change, sources for support.</p>



Year 11 Curriculum

(Check with Pastoral before commencing with RSE Topics for guidance.)

Year/ Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 11 (15-16)	<p>Becoming an adult. Age limits and the law relationships and the law, consent, coercive control, child on child abuse, domestic abuse, honour-based, violence, arranged and forced marriages The Equality Act 2010. The law on internet use and pornography, social media concerns, sexting keeping safe. Emergency situations, key advice, first aid, scenarios and consequences</p>	<p>Recap learning from previous years, Pupils to carry out their own career research.</p>	<p>Anxiety, solution focused thinking, sleep, relaxation, aspiration on; career, finances, budgeting, borrowing, relationships. Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skills set, employment, education and training options. Long term relationship dreams and goals, parenting skills and challenges. Resilience, what to do when things go wrong.</p>	<p>Managing anxiety and stress, exam pressure, concentration strategies, work-life balance. Sexual health, hygiene, self examination. STIs, sexual pressure, fertility issues, contraception, consent. Pregnancy choices including; adoption, abortion, bringing up a baby, financial implications. Identifying a range of risks including rape and strategies for staying safe. Expectations in relationships</p>	<p>Stages of intimate relationships, positive and negative connotations of sex. Spectrum of gender and sexuality, LGBT right and protection under the Equality Act, coming out challenges, LGBT media stereotypes. Child on child abuse, power control and sexual experimentation. Forced marriage, honour based violence, FGM and other abuses, hate crime, sources of support.</p>	<p>Preparation for leaving school.</p>