



P.S.R.H.E Curriculum Overview

St. Margaret's C.E. Junior School follows the **Jigsaw** scheme which covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

TERM	TOPIC/THEME DETAILS	CONTENT	ADDITIONAL WHOLE SCHOOL INITIATIVES
Autumn 1	Being Me in My World	Understanding personal identity, my place in the class and school community, rights and responsibilities, democracy, making a positive contribution.	• Walk to School Month (1st Oct) • #HelloYellow- Mental Health Day (9th Oct) • NSPCC Speak Out, Stay Safe (5th-9th Oct)
Autumn 2	Celebrating Difference	Recognising and respecting diversity, challenging stereotypes, understanding differences and similarities, addressing bullying, building empathy and compassion.	• Anti- Bullying week (16th-20th Nov) • Be Bright, Be Seen (16th-20th Nov) • Road Safety Week (15th-21st Nov)
Spring 1	Dreams and Goals	Setting and working towards goals, understanding aspirations and future possibilities, developing perseverance and resilience, recognising achievements, working collaboratively.	• NSPCC Number Day (5th Feb) • Safer Internet Day (9th Feb) • Children's Mental Health Week (1st-7th Feb) • Love Your Journey to school (14th Feb)
Spring 2	Healthy Me	The relationship between physical and emotional health; nutrition, sleep, exercise and hygiene; emotional wellbeing; drug education (including medicines); keeping safe; understanding habits and making healthy lifestyle choices.	• NSPCC Pants • Red Cross First Aid (Mar) • Anti-Idling Campaign (9th-20th Mar)
Summer 1	Relationships	Understanding different relationships and their characteristics, our families, managing friendship challenges, conflict resolution and communication skills, recognising when relationships are unhealthy, understanding loss and bereavement.	• Mental Health Awareness Week (10th-16^h May) • Walk to School Week (17th-21st May)
Summer 2	Changing Me	Understanding life cycles and human growth, coping positively with change, body image and self-esteem, puberty education, changing relationships.	• Scoot to School Week • Transition support • Climate Action Week



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YEAR	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3	- 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 - Motivation and enthusiasm - Recognising and trying to overcome obstacles - Evaluating learning - Processes - Contributing to the community - Managing feelings - Simple budgeting	- Exercise - Food labelling and healthy swaps - Attitudes towards drugs - Keeping safe online and offline - Respect for myself and others - Healthy and safe choices outdoors - Water safety - Asking for help Sun Safety	- Family roles and responsibilities - Friendship and negotiation - Keeping safe online and who to go to for help - Media influence - Being a global citizen - How my choices affect others - Awareness of other children's different lives - Expressing appreciation for family and friends	- How babies grow - Personal hygiene - Family stereotypes - Challenging my ideas - Preparing for transition - Move up day
4	- 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 - Peer influences - Railway safety - Staying safe with friends - Smoking - Alcohol and vaping - Assertiveness - Peer pressure - Celebrating inner strength Sun Safety	- Jealousy - Love and loss - Memories of loved ones - Getting and Falling Out - Girlfriends and Boyfriends - Showing appreciation to people and animals	- Being unique - Being part of a family - Confidence in change - Accepting change - Preparing for transition - Environmental change - Move up day

YEAR	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
5	- Planning the year ahead - 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 - Materials wealth and happiness - Enjoying and respecting other cultures	- Future dreams - Spending, saving and value of money - Jobs and careers - Dream job and how to get there - Goals in different cultures - Supporting others (charity) Motivation	- Smoking including vaping - Alcohol and vaping - Alcohol and anti-social behaviour - Emergency aid - Body image - Relationships with food - Healthy choices - Motivation and behaviour Sun Safety	- Self-recognition/self-worth - Building self-esteem - Safer online communities - Rights and responsibilities online - Online gaming and risks - Reducing screen time - Dangers of online grooming - Internet safety rules	- Self- and body image - Influence of online and media on body image - Puberty for girls (including menstruation) - Puberty for boys - Growing responsibility - Coping with change - Preparing for transition - Move up day
6	- Identifying goals for the year - Global citizenship - Children's universal rights - Feeling welcome and valued - Choices, consequences and rewards - Group dynamics - Democracy, having a voice - Anti-social behaviour - Role-modelling Optional lesson (Every Mind Matters)- Worry	- Perceptions of normality - Understanding disability - Power struggles - Understanding bullying - Inclusion/exclusion - Differences as conflict, difference as celebration - Empathy	- Personal learning goals, in and out of school - Success criteria - Emotions in success - Making a difference in the world - Motivation - Recognising achievements - Compliments Optional lesson (Every Mind Matters)- social media	- Taking personal responsibility - How substances affect the body - Exploitation including county lines and gang culture - Emotional and mental health - Managing stress Sun Safety Optional lesson (Every Mind Matters)- Self Care, Physical & Mental Health	- Mental health - Identifying mental health worries and sources of support - Love and loss - Managing feelings - Power and control - Assertiveness - Technology safety - Take responsibility with technology use Optional lesson (Every Mind Matters)- Building Connections Worry	- Self-image - Body-image - Puberty and feelings - Reflections about change - Physical attraction - Respect and consent - Boyfriends/girlfriends - Sexting - Transition - Move up day Optional lesson (Every Mind Matters)- Transition Y6 to Y7