

# PSHE Whole School Overview



- Each class learns PSHE through following the *Jigsaw* scheme

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Being Me in My World <i>Why am I special?</i>	Celebrating Difference <i>Friendships</i>	Dreams and Goals <i>Feelings</i>	Healthy Me <i>Road Safety</i>	Relationships <i>Friends and family</i>	Changing Me <i>Life cycles</i>
2	Being Me in My World <i>Spending time with others</i>	Celebrating Difference <i>Mutual respect</i>	Dreams and Goals <i>Realistic goals</i>	Healthy Me <i>Online relationships v face-to face</i>	Relationships <i>Privacy</i>	Changing Me <i>Secrets and being safe</i>
3	Being Me in My World <i>Valuing myself</i>	Celebrating Difference <i>Connections</i>	Dreams and Goals <i>Perseverance</i>	Healthy Me <i>Diet</i>	Relationships <i>Roles and responsibilities</i>	Changing Me <i>Growth and changes</i>
4	Being Me in My World <i>Welcome Me!</i>	Celebrating Difference <i>Assumptions and judgement</i>	Dreams and Goals <i>Resilience</i>	Healthy Me <i>Valuing friendships</i>	Relationships <i>Emotions and problem-solving</i>	Changing Me <i>Accepting me</i>
5	Being Me in My World <i>Wider Community</i>	Celebrating Difference <i>Cultural differences</i>	Dreams and Goals <i>Jobs</i>	Healthy Me <i>Emergency!</i>	Relationships <i>Self-esteem</i>	Changing Me <i>Right or Wrong?</i>
6	Being Me in My World <i>People around the world</i>	Celebrating Difference <i>Bullying</i>	Dreams and Goals <i>Challenging myself</i>	Healthy Me <i>Mental health</i>	Relationships <i>Safety</i>	Changing Me <i>Growing up</i>