



PSHE/RSE Overview

Age Group	Autumn week 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1/2	Summer 2
	Jigsaw - Being Me in my World	LTF Module 1	Jigsaw - Celebrating Difference	LTF Module 2	Jigsaw - Relationships	LTF Module 3	Jigsaw – Healthy Me	Jigsaw – Dreams and Goals
Age 3-5 (N-Rec) EYFS	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Created & Loved by God Unit 1 Religious understanding Unit 2 Me, my body, my health Unit 3 Emotional well-being Unit 4 Life Cycles	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Created to love others Unit 1 Religious understanding Unit 2 Personal Relationships Unit 3 Keeping safe	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Created to love in community Unit 1 Religious understanding Unit 2 Living in the wider world	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals
Age 5-6 KS1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Created & Loved by God Unit 1 Religious understanding Unit 2 Me, my body, my health Unit 3 Emotional well-being Unit 4 Life Cycles	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Created to love others Unit 1 Religious understanding Unit 2 Personal Relationships Unit 3 Keeping safe	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	Created to love in community Unit 1 Religious understanding Unit 2 Living in the wider world	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	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
Age 6-7 KS1	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings		Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends		Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships		Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success



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Age 7-8 LKS2	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Created & Loved by God Unit 1 Religious understanding Unit 2 Me, my body, my health Unit 3 Emotional well-being Unit 4 Life Cycles	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	Created to love others Unit 1 Religious understanding Unit 2 Personal Relationships Unit 3 Keeping safe	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	Created to love in community Unit 1 Religious understanding Unit 2 Living in the wider world	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off linescenarios Respect for myself and others Healthy and safe choices	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
Age 8-9 LKS2	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		Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals		Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes
Age 9-10 UKS2	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Created & Loved by God Unit 1 Religious understanding Unit 2 Me, my body, my health Unit 3 Emotional well-being Unit 4 Life Cycles	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	Created to love others Unit 1 Religious understanding Unit 2 Personal Relationships Unit 3 Keeping safe	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 SMARRT internet safety rules	Created to love in community Unit 1 Religious understanding Unit 2 Living in the wider world	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation
Age 10-11 UKS2	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics		Perceptions of normality Understanding disability Power struggles		Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control		Taking personal responsibility How substances affect the body Exploitation, including 'county	Personal learning goals, in and out of school Success criteria Emotions in success



English Martyrs' Catholic Primary School

Loving Jesus, Loving Learning, Loving Life

	Democracy, having a voice Anti-social behaviour Role-modelling		Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy		Assertiveness Technology safety Take responsibility with technology use		lines' and gang culture Emotional and mental healthManaging stress	Making a difference in the worldMotivation Recognising achievements Compliments
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