



Personal, Social, Health & Economic Education Curriculum Map

	Autumn Term		Spring Term		Summer Term	
Nursery / Reception	Being in my world -Self-identity -Understanding feelings -Being in a classroom -Being gentle -Rights and responsibilities	Celebrating differences -Identifying talents -Being special -Families -Where we live -Making friends -Standing up for yourself	Dreams and Goals -Challenges -Perseverance -Goal setting -Overcoming obstacles -Seeking help -Jobs -Achieving goals	Healthy Me -Exercising bodies -Physical activity -Healthy food -Sleep -Keeping clean -Safety	Relationships -Family life -Friendships -Breaking friendships -Falling out -Dealing with bullying -Being a good friend	Changing me -Bodies -Respecting my body -Growing up -Growth and change -Fun and fears -Celebrations
Year 1	Being in my world -Feeling special and safe -Being part of a class -Rights and responsibilities -Rewards and feeling proud -Consequences -Owning the Learning Charter	Celebrating differences -Similarities and differences -Understanding bullying and knowing how to deal with it -Making new friends -Celebrating the differences in everyone	Dreams and Goals -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	Healthy Me -Keeping myself healthy -Healthier lifestyle choices -Keeping clean -Being safe -Medicine safety / safety with household items -Road safety -Linking health and happiness	Relationships -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	Changing me -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	Being in my world -Hopes and fears for the year -Rights and responsibilities -Rewards and consequences -Safe and fair learning environment -Valuing contributions -Choices -Recognising feelings	Celebrating differences -Assumptions and stereotypes about gender -Understanding bullying -Standing up for self and others -Making new friends -Gender diversity -Celebrating difference and remaining friends	Dreams and Goals -Achieving realistic goals -Perseverance -Learning strengths -Learning with others -Group co-operation -Contributing to and sharing success	Healthy Me -Motivation -Healthier choices -Relaxation -Healthy eating and nutrition -Healthier snacks and sharing food	Relationships -Different types of family -Physical contact boundaries -Friendship and conflict -Secrets -Trust and appreciation -Expressing appreciation for special relationships	Changing me -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	Being in my world -Setting personal goals -Self-identity and worth -Positivity in challenges -Rules, rights & responsibilities -Rewards & consequences -Responsible choices -Seeing things from others' perspectives	Celebrating differences -Families and their differences -Family conflict & how to manage it (child centred) -Witnessing bullying & how to solve it -Recognising how words can be hurtful -Giving and receiving compliments	Dreams and Goals -Difficult challenges and achieving success -Dreams and ambitions -New challenges -Motivation and enthusiasm -Recognising & trying to overcome obstacles -Evaluating learning process -Managing feelings -Simple budgeting	Healthy Me -Exercise -Fitness challenges -Food labelling and healthy swaps -Attitudes towards drugs -Keeping safe and why it's important online & offline scenarios -Respect for myself and others -Healthy and safe choices	Relationships -Family roles and responsibilities -Friendship and negotiation -Keeping safe online & who we 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	Changing me -How babies grow -Understanding a baby's needs -Outside body changes -Inside body changes -Family stereotypes -Challenging my ideas -Preparing for transition
Year 4	Being in my world -Being part of a class team -Being a school citizen -Rights, responsibilities & democracy (school council) -Rewards & consequences -Group decision making -Having a voice	Celebrating differences -Challenging assumptions -Judging by appearance -Accepting self and others -Understanding influences -Understanding bullying -Problem solving -Identifying how special	Dreams and Goals -Hopes and dreams -Overcoming disappointment -Creating new, realistic dreams -Achieving goals -Working in a group -Celebrating contributions -Resilience	Healthy Me -Healthier friendships -Group dynamics -Smoking -Alcohol -Assertiveness -Peer pressure -Celebrating inner strength	Relationships -Jealousy -Love and loss -Memories of loved ones -Getting on and falling out -Girlfriends and boyfriends -Showing appreciation to people and animals	Changing me -Being unique -Having a baby -Girls and puberty -Confidence in change -Accepting change -Preparing for transition -Environmental change

	-What motivates behaviour	everyone is -First impressions	-Positive attitudes			
Year 5	Being in my world -Planning the forthcoming year -Being a citizen -Rights & responsibilities -Rewards & consequences -How behaviour affects groups -Democracy, having a voice, participating	Celebrating differences -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	Dreams and Goals -Future dreams -The importance of money -Jobs and careers -Dream job & how to get there -Goals in different cultures -Supporting others (charity) -Motivation	Healthy Me -Smoking including vaping -Alcohol -Alcohol & anti-social behaviour -Emergency aid -Body image -Relationships with food -Healthy choices -Motivation and behaviour	Relationships -Self-recognition and self-worth -Building self-esteem -Safer online communities -Rights & responsibilities online -Online gaming & gambling -Reducing screen time -Dangers of online grooming -SMARRT internet safety	Changing me -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 6	Being in my world -Identifying goals for the year -Global citizenship -Children's universal rights -Feeling welcomed and valued -Choices, consequences & rewards -Group dynamics -Democracy, having a voice -Anti-social behaviour -Role-modelling	Celebrating differences -Perceptions of normality -Understanding disability -Power struggles -Understanding bullying -Inclusion / Exclusion -Differences as conflict, difference as celebration -Empathy	Dreams and Goals -Personal learning goals, in and out of school -Success criteria -Emotions in success -Making a difference in the world -Motivation -Recognising achievements -Compliments	Healthy Me -Taking personal responsibility -How substances affect the body -Exploitation, including 'county lines' & gang culture -Emotional and mental health -Managing stress	Relationships -Mental health -Identifying mental health worries & sources of support -Love and loss -Managing feelings -Power and control -Assertiveness -Technology safety -Take responsibility with technology use	Changing me -Self-image -Body image -Puberty and feelings -Conception to birth** -Reflections about change -Physical attraction -Respect and consent -Boyfriends and girlfriends -Sexting** -Transition

Please note, as per our Personal Development and Wellbeing policy, some areas of the JIGSAW curriculum will not be covered and therefore these lessons in the summer term will be modified to reflect that.

