

PSHE/Jigsaw Concept Curriculum Map

Big Ideas	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	Managing feelings	Rights and responsibilities	Owning own learning	Making positive choices	Understanding my community and democracy	Rights and responsibilities of a citizen	Rights for global citizens and children
Celebrating Differences	Celebrating good achievements	Introduction to bullying	Recognising we are different	Recognising family conflict	Witnessing bullying	Types of bullying (racism)	Sources of conflict and celebration
Dreams and Goals	Kind words for encouragement	Setting simple goals	Choosing realistic goals	Choosing dreams/ambitions	Discussing hopes and dreams	Discovering dreams and goals of cultures	Strengths and challenges of my goals
Healthy Me	Understanding exercise and healthy eating	Differences between healthy and unhealthy	What my body needs to be healthy	Effects of exercise on body and organs	Effects of smoking and alcohol on our health	Risks of smoking and alcohol on our organs	Effects of drugs on our health
Relationships	Making friends	Identifying family members	Identifying the relationships with family members	Roles and responsibilities of family members	Jealousy and its effects on relationships	Safety within online communities	Discussing mental health within family
Changing Me	Human lifecycle	Learning about different body parts	Physical differences between girls and boys	How we change when babies grow	Internal parts of a male and female bodies	Different ways babies are made	Looking after yourself mentally and physically