




PSHE Jigsaw and Safeguarding Curriculum
Whole School Long Term Plan

EYFS						
EYFS	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Healthy Me
Outline Content	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Assessment Outcomes	Children will be assessed using the Development Matters Curriculum at each assessment phase. Aspects of PSHE will be found in PSED, C&L, PD and UW.					
Safeguarding Focus	<ul style="list-style-type: none"> - Bonfire night - safety - fire work safety - Halloween (being safe). - Staying safe in school - stranger danger, not opening doors, telling an adult if you see something strange - Managing feelings and behaviour - Online Safety -passwords private.safety on the internet - Road safety - how to cross the road and use pavements 		Healthy relationships Stranger Danger - what to do if..... how to keep safe when outside, how to deal with a problem, a stranger etc Healthy Me - through PSHE - NSPCC PANTS Rule		Who can help us? Relationships work in PSHE Keeping our bodies healthy Sun Safe - using sun screen/ sun hats Water safe - visit to the seaside keeping safe on the beach Tolerance and understanding - taught through RE Unit	



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	- Anti-bullying week - bullying focus					
Special Events	World Animal Pyjama Day	Children in Need Anti-Bullying Week	Safer Internet Day - Sports Relief	Healthy Me Week NSPCC Assembly	Road Safety Visitor Mental Health Week	- Children's Trust Day

Year 1						
 Year 1	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Outline Content	Feeling special and safe. Being part of a class. Rights and responsibilities. Rewards and feeling proud. Consequences. Owning the Learning Charter.	Similarities and differences. Understanding bullying and knowing how to deal with it. Making new friends. Celebrating the differences in everyone.	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.	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	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	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
Assessment Outcomes	No assessment	I can tell you some ways I am different from my friends.	I can tell you how I felt when I succeeded in a new	I can tell you why I think my body is amazing and can identify some ways	I can tell you why I appreciate someone who is special to me.	I can identify the parts of the body that make boys different to girls and can use the correct




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		I understand these differences make us all special and unique.	challenge and how I celebrated it. I know how to store the feelings of success in my internal treasure chest.	to keep it safe and healthy. I can recognise how being healthy helps me to feel happy.	I can express how I feel about them.	names for these: penis, testicles, vagina. I respect my body and understand which parts are private.
Safeguarding Focus	<p>Mental health awareness day (10th Oct 2019)</p> <ul style="list-style-type: none"> - Road safety- crossing safely - Bonfire night - safety - fire work safety <p>Halloween (being safe).</p> <ul style="list-style-type: none"> - Staying safe in school - stranger danger, not opening doors, telling an adult if you see something strange - Managing feelings and behaviour - Online Safety -passwords private.safety on the internet - Anti-bullying week - bullying focus Bullying (what is it and what can I do?) 		<ul style="list-style-type: none"> - Healthy relationships - Online safety week - national focus and school focus. - Keeping your information safe - Stranger Danger - what to do if.... how to keep safe when outside, how to deal with a problem, a stranger - Healthy Me - through PSHCE - NSPCC PANTS Rule 		<ul style="list-style-type: none"> - Water Safety - People who help us and keep us safe. - Girls and Boys bodies (identifying body parts). - Food danger awareness - Who can help us? Relationships work in PSHCE - Keeping our bodies healthy - Sun Safe - using sun screen/ sun hats - Water safe - visit to the seaside keeping safe on the beach - Tolerance and understanding - taught through RE Unit 	
Special Events	<ul style="list-style-type: none"> - World Animal Day 	<ul style="list-style-type: none"> - Children in Need - Anti-Bullying Week 	<ul style="list-style-type: none"> - Safer Internet Day - Sports Relief 	<ul style="list-style-type: none"> - Healthy Me Week 	<ul style="list-style-type: none"> - Road Safety Visitor 	



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	- Pyjama Children's Trust Day			- NSPCC Assembly	- Mental Health Week	
Year 2						
 Year 2	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Outline Content	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	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition



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<p align="center">Assessment Outcomes</p>	<p align="center">No assessment</p>	<p>remaining friends</p> <p>I can identify some ways in which my friend is different from me</p> <p>I can tell you why I value this difference about him/her</p>	<p>I can explain some of the ways I worked cooperatively in my group to create the end product</p> <p>I can express how it felt to be working as part of this group</p>	<p>I can make some healthy snacks and explain why they are good for my body</p> <p>I can express how it feels to share healthy food with my friends</p>	<p>relationships</p> <p>I can identify some of the things that cause conflict between me and my friends</p> <p>I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends</p>	<p>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private</p> <p>I can tell you what I like/don't like about being a boy/ girl</p>
<p>Safeguarding Focus</p>	<p>Fire Safety</p> <ul style="list-style-type: none"> - Stranger Danger - Personal Hygiene - keeping clean and healthy - Anti-bullying week- standing up for myself. - Mental health awareness - Staying safe online 	<ul style="list-style-type: none"> - Road safety talk - E-safety- including safer internet day. - Medicine safety - Online safety week - focus week with national and in school focus - Stranger danger and keeping safe around animals - Managing risks 	<ul style="list-style-type: none"> - Keeping safe (physical contact). - Secrets - Travel safety, road safety and general travel safety - water safety - Healthy relationships - (domestic violence) - My body/your body - safe touching 			




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	<ul style="list-style-type: none"> - Follow the Digital Trail - digital footprints - Can you tell what someone believes by what they look like? 			<ul style="list-style-type: none"> - Staying safe away from home - managing risks, managing feelings. Leaving home for a night(In preparation for residential) Being different - How does what believers do show what they believe? Bullying/racism Feeling good to be me! - mental health being confident, surviving a night away from home 		
Special Events	<ul style="list-style-type: none"> - World Animal Day - Pyjama Children's Trust Day 	<ul style="list-style-type: none"> - Children in Need - Anti-Bullying Week 	<ul style="list-style-type: none"> - Safer Internet Day - Sports Relief 	<ul style="list-style-type: none"> - Healthy Me Week 	<ul style="list-style-type: none"> - Road Safety Visitor - Mental Health Week 	

Year 3						
 Year 3	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Outline Content	Setting personal goals	Families and their differences	Difficult challenges and achieving	Exercise Fitness challenges	Family roles and responsibilities	How babies grow



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	<p>Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p>	<p>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</p>	<p>success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p>	<p>Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices</p>	<p>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</p>	<p>Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p>
<p>Assessment Outcomes</p>	<p>No assessment</p>	<p>I can tell you about a time when my words affected someone's feelings and what the consequences were I can give and receive compliments and know how this feels</p>	<p>I can evaluate my own learning process and identify how it can be better next time I am confident in sharing my success with others and know how to store my feelings of success in my internal treasure chest</p>	<p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help I can express how being anxious or scared feels</p>	<p>I can explain how some of the actions and work of people around the world help and influence my life and can show an awareness of how this could affect my choices</p>	<p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up I recognise how I feel about these changes happening to me and know how to</p>




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						cope with these feelings
Safeguarding Focus	<ul style="list-style-type: none"> - Water safety. - Trip safety. - Online safety. - Family conflict. - Witness feelings and solutions. - healthy bodies, - PSHCE - looking after me, taking care of yourself mentally, emotionally and physically - everyone is different but we are all people - bullying/racism - families come in all shapes and forms - different parenting arrangements, homophobia - Anti-bullying week - theme for the school 	<ul style="list-style-type: none"> - Careers, financial capability & economic wellbeing. - Being safe. - Safety during experiments. - Drugs, alcohol & tobacco -drugs education - don't be pressurised, drugs awareness - looking after our bodies and peer pressure - Online safety talk - cyberbullying and online safety - online safety week - drugs, alcohol and tobacco - looking after our bodies - peer pressure - showing respect online 	<ul style="list-style-type: none"> - Keeping myself safe. - Safety in the sun. - Emotional & mental health. - Food, diet and fitness - Keeping safe, looking after our bodies, - Managing pressure and risks - My body is my body 			
Special Events	World Animal Day Pyjama Children's Trust Day KS2 Internet Legend Assembly	<ul style="list-style-type: none"> - Children in Need - Anti-Bullying Week 	<ul style="list-style-type: none"> - Safer Internet Day - Sports Relief 	<ul style="list-style-type: none"> - Cyber Safety Talk PC - SamHealthy Me Week 	<ul style="list-style-type: none"> - Road Safety Visitor - Mental Health Week 	



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Year 4						
 Year 4	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Outline Content	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 Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Assessment Outcomes	No assessment	I can tell you a time when my first impression of someone changed as I got to know them I can explain why it is good to accept	I know how to make a new plan and set new goals even if I have been disappointed I know what it means to be resilient and to	I can recognise when people are putting me under pressure and can explain ways to resist this when I want to I can identify feelings of anxiety	I can explain different points of view on an animal rights issue and express my own opinion and feelings on this	I can identify what I am looking forward to when I am in Year 5 I can reflect on the changes I would like to make when I am in Year 5 and can



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		people for who they are	have a positive attitude	and fear associated with peer pressure		describe how to go about this
Safeguarding Focus	<ul style="list-style-type: none"> - Protecting yourself from online identity theft. - CEOP online training. - Understanding bullying. - Anti bullying week - school theme - Celebrating differences - PSHCE, growing up and changing bodies - Respecting different beliefs - What do different people believe about God? - Roles and responsibilities - being a good citizen, online British values - Protecting yourself from online identity theft - BEARS Programme - delivered by the James Project (Educated, Aware and Resilient) Class and bespoke group work 		<ul style="list-style-type: none"> - Healthy friendships. Using social networks, digital citizenship - Celebrating inner strength and assertiveness. - Alcohol - Online Safety talk - cyberbullying and online safety - online safety week - national and school theme - Body Smart and Brain Smart - drugs alcohol and tobacco - saying no to temptation - Being proud of who you are 		<ul style="list-style-type: none"> - Plagiarism - Road safety - Who helps us? - knowing who to turn to in different situations - Healthy and Safe relationships - making safe relationships and recognising safe relationships at home <p>Staying safe on line-</p>	



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Special Events	<ul style="list-style-type: none"> - World Animal Day - Pyjama Children's Trust Day - KS2 INternet Legend Assembly 	<ul style="list-style-type: none"> - Children in Need - Anti-Bullying Week - James Project and Barnardos workers 	<ul style="list-style-type: none"> - Safer Internet Day - Sports Relief 	<ul style="list-style-type: none"> - Healthy Me Week - Cyber Team Visit 	<ul style="list-style-type: none"> - Road Safety Visitor - Mental Health Week 	
Year 5						
 Year 5	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Outline Content	Planning the forthcoming year 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 Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	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 SMART internet safety rules	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




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<p>Assessment Outcomes</p>	<p>No assessment</p>	<p>I can explain the differences between direct and indirect types of bullying</p> <p>I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</p>	<p>I can describe the dreams and goals of a young person in a culture different from mine and can reflect on how these relate to my own</p>	<p>I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>I respect and value my body</p>	<p>I can explain how to stay safe when using technology to communicate with my friends</p> <p>I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others</p>	<p>I can describe how boys' and girls' bodies change during puberty</p> <p>I can express how I feel about the changes that will happen to me during puberty</p>
<p>Safeguarding Focus</p>	<ul style="list-style-type: none"> - Water safety - swimming pool talk - Trusted sites - Understand the importance of using trusted sites and carrying out multiple searches to ensure information found online is accurate and reliable. - Racism - Keeping ourselves and others safe - Mobile/online gaming safety - passwords and digital citizen pledge - ICT 		<ul style="list-style-type: none"> - Fire Safety - online safety week - NSPCC Visit - work around emotional & physical abuse - Safe parking project - road safety, following laws - Understand the causes and consequences of cyberbullying and discuss behaviours and strategies to prevent and stop cyberbullying. 		<ul style="list-style-type: none"> - Girlfriends and boyfriends. - Relationship talk - Step 2 Charity - - Social networking focusing on Relationships & technology. - Mind safe/body safe - keeping mentally and emotionally healthy, having time to talk, learning how to express yourself - Healthy relationships - know what a good friend is/ what is a healthy relationship - DV/ Grooming/safe touching/safe spaces 	



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	<ul style="list-style-type: none"> - Be confident – say no, don't give in to peer pressure, know your own mind and think for yourself - Anti bullying week - school theme - Alright Charlie programme- protective behaviours - CSE/FGM - BEARS Programme - delivered by the James Project (Educated, Aware and Resilient) Class and bespoke group work - The James Project - positive Futures CSE/Radicalisation- Small group bespoke work in relation to vulnerabilities 					
Special Events	<ul style="list-style-type: none"> - World Animal Day - Pyjama Children's Trust Day 	<ul style="list-style-type: none"> - Children in Need - Anti-Bullying Week - The James Project 	<ul style="list-style-type: none"> - Firefighter visit - Safer Internet Day - Sports Relief 	<ul style="list-style-type: none"> - Healthy Me Week - NSPCC Visit 	<ul style="list-style-type: none"> - Road Safety Visitor - Mental Health Week 	<ul style="list-style-type: none"> - Relationship talk - Step 2 Charity
Year 6						
 Year 6	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me



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<p>Outline Content</p>	<p>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</p>	<p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>	<p>Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>	<p>Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p>	<p>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</p>	<p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>
<p>Assessment Outcomes</p>	<p>No assessment</p>	<p>I can explain ways in which difference can be a source of conflict or a cause for celebration and can show empathy with people in either situation</p>	<p>I can describe some ways in which I can work with other people to help make the world a better place I can identify why I am motivated to do this</p>	<p>I can evaluate when alcohol is being used responsibly, anti-socially or being misused I can tell you how I feel about using alcohol when I am older and my reasons for this</p>	<p>I can recognise when people are trying to gain power or control I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p>	<p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born and I recognise how I feel when I reflect on the development and birth of a baby</p>
<p>Safeguarding Focus</p>	<ul style="list-style-type: none"> - The James Project - positive Futures CSE/Radicalisation- Small group 			<ul style="list-style-type: none"> - Alcohol - First Aid St Johns Ambulance - Puberty Talk 		<ul style="list-style-type: none"> - Power & control - Being safe with technology. - Stay safe event at Keighley College.



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	<p>bespoke work in relation to vulnerabilities</p> <ul style="list-style-type: none"> - Citizenship programme <p>10 week programme Topics</p> <ul style="list-style-type: none"> - Disability - Anti Social Behaviour - Homelessness - Domestic Violence - Drugs - Peer Pressure - Being a good community citizen - Family changes - linked to evacuees, people leaving, bereavement, divorce, separation, step families - Forest school - keeping safe outdoors, finding your own way by yourself - preparation for secondary school - what to do in an emergency by yourself - Proud to be me - changing bodies, don't always all have to be the same, we all change differently - Tolerating others - meeting new people who have different beliefs 	<ul style="list-style-type: none"> - West Yorkshire Police - Organised Crime Gangs programme - TRAPPED (Risks of being involved in County Lines, drugs, CSE) - Online safety talk - cyberbullying and online safety week - Getting ready for change - moving on - Temptations - drugs/alcohol/tobacco and peer pressures - knowing the risks and saying no. Making informed choices - Police visit (crime and punishment)- being a good citizen - Healthy bodies - Mr Shape Shifter play (CSE Grooming) - Privacy rules - Keeping your mind healthy - SAT's preparation , keeping calm and confident through pressure 	<ul style="list-style-type: none"> - Rail safety - don't play or hang around on the railway - Keeping our body safe and healthy - Your body is your body - CSE, FGM, Forced marriage - Respect yourself - Making healthy relationships both online and in real life. Moving on to upper school and making new friends - Manage risks, know how to protect yourself online and in real life. - Don't be a stereotype - make your own choices and don't copy others. Don't feel you have to do it just because everyone else does. - Emotional Resilience - emotional language, self esteem and confidence building - School nurse Puberty Talk -
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	<ul style="list-style-type: none"> - Managing feelings - Anti bullying week - school theme - Being a Super Digital Citizen - The James Project - positive Futures - How people can persuade us - propaganda posters. Knowing your own mind and making informed choices 					
Special Events	<ul style="list-style-type: none"> - World Animal Day - Internet Legend Assembly Workshop 	<ul style="list-style-type: none"> - Children in Need - Anti-Bullying Week 	<ul style="list-style-type: none"> - Safer Internet Day - Sports Relief 	<ul style="list-style-type: none"> - Healthy Me Week 	<ul style="list-style-type: none"> - Road Safety Visitor - Mental Health Week 	<ul style="list-style-type: none"> School Nurse Puberty Talk



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