

Woodthorpe Primary School

Curriculum

Subject	PSHE EYFS areas of learning: <ul style="list-style-type: none"> • Personal, Social and Emotional Development • Communication and Language • Understanding the World 	Subject leader	Jennifer Britland
Curriculum resources	Jigsaw Development Matters (Nursery and Reception) EYFS Statutory Framework	Relevant documents	Progression Map - Jigsaw (jigsawpshe.online) Knowledge Organisers - Jigsaw (jigsawpshe.online) Mapping overview - Jigsaw (jigsawpshe.online) British Values - Jigsaw (jigsawpshe.online) RSHE - Jigsaw (jigsawpshe.online) SEND - Jigsaw (jigsawpshe.online) SMSC/Emotional Literacy - Jigsaw (jigsawpshe.online) UNCRC- Jigsaw (jigsawpshe.online)

	Being Me in My World	Celebrating Difference Puzzle	Dreams and Goals	Healthy Me	Relationships	Changing Me
Knowledge						
Nursery	<ul style="list-style-type: none"> • I know some special things about myself. • I can begin to know that we are similar and different. • I can begin to understand how feeling happy and sad can be expressed. • I know that hands can be used kindly and unkindly. • I know that being kind is good. • I know we should all be allowed to learn and play (a right). 	<ul style="list-style-type: none"> • I know how it feels to be proud of something I am good at. • I can tell you one way I am special and begin to understand what unique means. • I know that all families are different. • I know there are lots of different houses and homes. • I can begin to tell you how I could make new friends. • I can begin to use my words to stand up for myself. • I know the names of some emotions such as happy, sad, frightened, angry. 	<ul style="list-style-type: none"> • I can begin to know what a challenge is. • I know what a goal is. • I know some words that are kind. • I can begin to know some jobs that I might like to do when I am older. • I can begin to know that I must work hard now in order to be able to achieve the job I want when I am older. 	<ul style="list-style-type: none"> • I know the names for some parts of my body. • I can begin to understand what the word 'healthy' means and know some things that I need to do to keep healthy. • I can begin to know that I need to exercise to keep healthy. • I can begin to know that sleep is good for me. • I can begin to know when and how to wash my hands properly. • I know what to do if I get lost and know how to say No to strangers. 	<ul style="list-style-type: none"> • I can begin to know what a family is and that different people in a family have different responsibilities (jobs). • I know some of the characteristics of healthy and safe friendship. • I can begin to understand that friends sometimes fall out and begin to know some ways to mend a friendship. • I can begin to know that unkind words can never be taken back and they can hurt. • I can start to know how to use Jigsaw's Calm Me to help when feeling angry. • I can begin to know some reasons why others get angry. 	<ul style="list-style-type: none"> • I can begin to know the names and functions of some parts of the body. • I can begin to know that we grow from baby to adult. • I can begin to know who to talk to if I am feeling worried. • I can begin to know that sharing how we feel can help solve a worry. • I can begin to know that remembering happy times can help us move on.
Reception	<ul style="list-style-type: none"> • I can name some special things about myself. • I know that we are similar and different. • I know how feeling happy and sad can be expressed. • I know that hands can be used kindly and unkindly. • I know that being kind is good. • I know we should all be allowed to learn and play (a right). 	<ul style="list-style-type: none"> • I know what being proud means and can identify something I am good at and understand everyone is good at different things. • I know what being unique means and understand that being different makes us all special. • I know we are all different and families can be different but the same in some ways. • I know that people have different homes and why they are important to them. • I know different ways of making friends and I can tell you how to be a kind friend. • I know which words to use to stand up for myself when someone says or does something unkind. • I know that having friends is important and know some qualities of a positive friendship. 	<ul style="list-style-type: none"> • I know what a challenge and know that it is important to keep trying. • I know what a goal is, how to set goals and work towards them. • I know which words are kind. • I know some jobs that I might like to do when I am older. • I know that I must work hard now in order to be able to achieve the job I want when I am older. • I know when I have achieved a goal. 	<ul style="list-style-type: none"> • I know the names for some parts of my body. • I know what the word 'healthy' means and know some things that I need to do to keep healthy. • I know that I need to exercise to keep healthy. • I know how to help myself go to sleep and that sleep is good for me. • I know when and how to wash my hands properly. • I know what to do if I get lost and know how to say No to strangers. 	<ul style="list-style-type: none"> • I know what a family is and that different people in a family have different responsibilities (jobs). • I know some of the characteristics of healthy and safe friendship. • I know that friends sometimes fall out and know some ways to mend a friendship. • I know that unkind words can never be taken back and they can hurt. • I know how to use Jigsaw's Calm Me to help when feeling angry. • I know some reasons why others get angry. 	<ul style="list-style-type: none"> • I know the names and functions of some parts of the body. • I know that we grow from baby to adult. • I know who to talk to if I am feeling worried. • I know that sharing how we feel can help solve a worry. • I know that remembering happy times can help us move on.

<p>Year 1</p>	<ul style="list-style-type: none"> • I understand the rights and responsibilities of a member of a class. • I understand that my views are important. • I understand that my choices have consequences. • I understand my own rights and responsibilities with my classroom. 	<ul style="list-style-type: none"> • I know that people have differences and similarities. • I know what bullying means. • I know who to tell if me or someone else is being bullied or is feeling unhappy. • I know skills to make friendships. • I know that people are unique and that it is OK to be different. 	<ul style="list-style-type: none"> • I know how to set simple goals. • I know how to achieve a goal. • I know how to work well with a partner. • I know that tackling a challenge can stretch my learning. • I know how to identify obstacles which make achieving my goals difficult and work out how to overcome them. • I know when a goal has been achieved. 	<ul style="list-style-type: none"> • I know the difference between being healthy and unhealthy. • I know some ways to keep healthy and how to make healthy lifestyle choices. • I know how to keep myself clean and healthy. • I know that all household products, including medicines, can be harmful if not used properly. • I know how to keep safe when crossing the road. • I know about people who can keep me safe. 	<ul style="list-style-type: none"> • I know that everyone's family is different and that there are lots of different types of families. • I know that families are founded on belonging, love and care. • I know how to make a friend. • I know the characteristics of healthy and safe friends. • I know that physical contact can be used as a greeting. • I know about the different people in the school community and how they help. 	<ul style="list-style-type: none"> • I know that animals including humans have a life cycle. • I know that changes happen when we grow up. • I know that people grow up at different rates and that is normal. • I know the names of male and female private body parts. • I know that there are correct names for private body parts and nicknames, and when to use them. • I know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these. • I know who to ask for help if I am worried or frightened. • I know that learning brings about change.
<p>Year 2</p>	<ul style="list-style-type: none"> • I can identify hopes and fears for the year ahead. • I understand the rights and responsibilities of class members. • I know that it is important to listen to other people. • I understand that my own views are valuable. • I know about rewards and consequences and that these stem from choices. • I know that positive choices impact positively on self-learning and the learning of others. 	<ul style="list-style-type: none"> • I know there are stereotypes about boys and girls. • I know that it is OK not to conform to gender stereotypes. • I know it is good to be yourself. • I know that sometimes people get bullied because of difference. • I know the difference between right and wrong and the role that choice has to play in this. • I know that friends can be different and still be friends. • I know where to get help if being bullied. • I know the difference between a one-off incident and bullying. 	<ul style="list-style-type: none"> • I know how to choose a realistic goal and think about how to achieve it. • I know that it is important to persevere. • I know how to recognise what working together well looks like. • I know what good group working looks like. • I know how to share success with other people. 	<ul style="list-style-type: none"> • I know what my body needs to stay healthy. • I know what makes me feel relaxed / stressed. • I know how medicines work in my body and that it is important to use medicines safely. • I know how to make some healthy snacks. • I know why healthy snacks are good for my body. • I know which foods give my body energy. 	<ul style="list-style-type: none"> • I know that everyone's family is different and that families function well when there is trust, respect, care, love and co-operation. • I know that there are lots of forms of physical contact within a family. • I know how to stay stop if someone is hurting me. • I know some reasons why friends have conflicts and that friendships have ups and downs and sometimes change with time. • I know there are good secrets and worry secrets and why it is important to share worry secrets. • I know what trust is. 	<ul style="list-style-type: none"> • I know that life cycles exist in nature. • I know that aging is a natural process, including old-age. • I know that some changes are out of an individual's control. • I know how my body has changed from a baby and that it will continue to change as I age. • I know the physical differences between male and female bodies. • I know the correct names for private body parts. • I know that private body parts are special and that no one has the right to hurt these. • I know who to ask for help if I am worried or frightened. • I know that there are different types of touch and that some are acceptable and some are unacceptable.
<p>Year 3</p>	<ul style="list-style-type: none"> • I understand that I am important. • I know what a personal goal is. • I have an understanding what a challenge is. • I know why rules are needed and how these relate to choices and consequences. • I know that actions can affect others' feelings. • I know that others may hold different views. • I know that the school has a shared set of values. 	<ul style="list-style-type: none"> • I know why families are important. • I know that everybody's family is different. • I know that sometimes family members don't get along and some reasons for this. • I know that conflict is a normal part of relationships. • I know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do. • I know that some words are used in hurtful ways and that this can have consequences. 	<ul style="list-style-type: none"> • I know about specific people who have overcome difficult challenges to achieve success. • I know what dreams and ambitions are important to me. • I know how I can best overcome learning challenges. • I know what my own strengths are as a learner. • I know what an obstacle is and how they can hinder achievement. • I know how to evaluate my own learning progress and identify how it can be better next time. 	<ul style="list-style-type: none"> • I know how exercise affects my bodies and why my heart and lungs are such important organs. • I know that the amount of calories, fat and sugar that I put into my body can affect my health. • I know that there are different types of drugs. • I know that there are things, places and people that can be dangerous and know a range of strategies to keep myself safe. • I know when something feels safe or unsafe. 	<ul style="list-style-type: none"> • I know that different family members carry out different roles or have different responsibilities within the family. • I know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc. • I know some of the skills of friendship, e.g. taking turns, being a good listener. • I know some strategies for keeping themselves safe online. • I know how some of the actions and work of people around the world help and influence my life. • I know that they and all children have rights (UNCRC) and the lives of children around the world can be different from their own. 	<ul style="list-style-type: none"> • I know that in animals and humans lots of changes happen between conception and growing up. • I know that in nature it is usually the female that carries the baby. • I know that in humans a mother carries the baby in her uterus (womb) and this is where it develops. • I know that babies need love and care from their parents/carers. • I know some of the changes that happen between being a baby and a child. • I know that the male and female body needs to change at puberty so their bodies can make babies when they are adults. • I know some of the outside body changes that happen during puberty. • I know some of the changes on the inside that happen during puberty.

<p>Year 4</p>	<ul style="list-style-type: none"> • I know how individual attitudes and actions make a difference to a class. • I know about the different roles in the school community. • I know my place in the school community. • I know what democracy is (applied to pupil voice in school). • I know that my own actions affect myself and others. • I know how groups work together to reach a consensus. • I know that having a voice and democracy benefits the school community. 	<ul style="list-style-type: none"> • I know that sometimes people make assumptions about a person because of the way they look or act. • I know there are influences that can affect how we judge a person or situation. • I know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying. • I know what to do if I think bullying is, or might be taking place. • I know the reasons why witnesses sometimes join in with bullying and don't tell anyone. • I know that first impressions can change. 	<ul style="list-style-type: none"> • I know what my own hopes and dreams are. • I know that hopes and dreams don't always come true. • I know that reflecting on positive and happy experiences can help them to counteract disappointment. • I know how to make a new plan and set new goals even if I have been disappointed. • I know how to work out the steps they need to take to achieve a goal. • I know how to work as part of a successful group and how to share in the success of a group. 	<ul style="list-style-type: none"> • I know how different friendship groups are formed and how they fit into them. • I know that there are leaders and followers in groups. • I know that I can take on different roles according to the situation. • I know the facts about smoking and its effects on health and know some of the reasons some people start to smoke. • I know the facts about alcohol and its effects on health, particularly the liver and know some of the reasons some people drink alcohol. • I know what I think is right and wrong. 	<ul style="list-style-type: none"> • I know some reasons why people feel jealousy and that jealousy can be damaging to relationships. • I know that loss is a normal part of relationships. • I know that negative feelings are a normal part of loss. • I know that memories can support us when we lose a special person or animal. • I know that change is a natural part of relationships/ friendship. • I know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe. 	<ul style="list-style-type: none"> • I know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm. • I know that babies are made by a sperm joining with an ovum. • I know the names of the different internal and external body parts that are needed to make a baby. • I know how the female and male body change at puberty. • I know that personal hygiene is important during puberty and as an adult. • I know that change is a normal part of life and that some cannot be controlled and have to be accepted. • I know that change can bring about a range of different emotions.
<p>Year 5</p>	<ul style="list-style-type: none"> • I know how to face new challenges positively. • I understand how to set personal goals. • I understand the rights and responsibilities associated with being a citizen in the wider community and my country. • I know how an individual's behaviour can affect a group and the consequences of this. • I understand how democracy and having a voice benefits the school community. • I understand how to contribute towards the democratic process. 	<ul style="list-style-type: none"> • I know what culture means. • I know that differences in culture can sometimes be a source of conflict. • I know what racism is and why it is unacceptable. • I know that rumour spreading is a form of bullying on and offline. • I know external forms of support in regard to bullying e.g. Childline. • I know that bullying can be direct and indirect. • I know how my life is different from the lives of children in the developing world. 	<ul style="list-style-type: none"> • I know that I will need money to help them to achieve some of my dreams. • I know about a range of jobs that are carried out by people I know and know that different jobs pay more money than others. • I know the types of job I might like to do when I am older. • I know that young people from different cultures may have different dreams and goals. • I know that communicating with someone from a different culture means that I can learn from them and vice versa. • I know ways that I can support young people in my own culture and abroad. 	<ul style="list-style-type: none"> • I know the health risks of smoking and how smoking tobacco affects the lungs, liver and heart. • I know some of the risks linked to misusing alcohol, including antisocial behaviour. • I know basic emergency procedures including the recovery position. • I know how to get help in emergency situations. • I know that the media, social media and celebrity culture promotes certain body types. • I know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure. 	<ul style="list-style-type: none"> • I know that a personality is made up of many different characteristics, qualities and attributes. • I know that belonging to an online community can have positive and negative consequences. • I know that there are rights and responsibilities in an online community or social network. • I know that there are rights and responsibilities when playing a game online. • I know that too much screen time isn't healthy. • I know how to stay safe when using technology to communicate with friends. 	<ul style="list-style-type: none"> • I know what perception means and that perceptions can be right or wrong. • I know how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally. • I know that sexual intercourse can lead to conception. • I know that some people need help to conceive and might use IVF. • I know that becoming a teenager involves various changes and also brings growing responsibility.
<p>Year 6</p>	<ul style="list-style-type: none"> • I know how to set goals for the year ahead. • I understand what fears and worries are. • I know about children's universal rights (United Nations Convention on the Rights of the Child). • I know about the lives of children in other parts of the world. • I know that personal choices can affect others locally and globally. • I understand that their own choices result in different consequences and rewards. • I understand how democracy and having a voice benefits the school community. • I understand how to contribute towards the democratic process. 	<ul style="list-style-type: none"> • I know that there are different perceptions of 'being normal' and where these might come from. • I know that being different could affect someone's life. • I know that power can play a part in a bullying or conflict situation. • I know that people can hold power over others individually or in a group. • I know why some people choose to bully others. • I know that people with disabilities can lead amazing lives. • I know that difference can be a source of celebration as well as conflict. 	<ul style="list-style-type: none"> • I know my own learning strengths. • I know how to set realistic and challenging goals. • I know what the learning steps are I need to take to achieve my goal. • I know a variety of problems that the world is facing. • I know how to work with other people to make the world a better place. • I know what their classmates like and admire about them. 	<ul style="list-style-type: none"> • I know how to take responsibility for my own health and how to make choices that benefit my own health and well-being. • I know about different types of drugs and their uses and how these different types of drugs can affect people's bodies, especially their liver and heart. • I know that some people can be exploited and made to do things that are against the law. • I know why some people join gangs and the risk that this can involve. • I know what it means to be emotionally well. • I know that stress can be triggered by a range of things and that being stressed can cause drug and alcohol misuse. 	<ul style="list-style-type: none"> • I know that it is important to take care of their own mental health. • I know ways that they can take care of their own mental health. • I know the stages of grief and that there are different types of loss that cause people to grieve. • I know that sometimes people can try to gain power or control them. • I know some of the dangers of being 'online'. • I know how to use technology safely and positively to communicate with their friends and family. 	<ul style="list-style-type: none"> • I know how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally. • I know how a baby develops from conception through the nine months of pregnancy and how it is born. • I know how being physically attracted to someone changes the nature of the relationship. • I know the importance of self-esteem and what I can do to develop it. • I know what I am looking forward to and what I am worried about when thinking about transition to secondary school / moving to my next class.