Curriculum Map by Subject – PSHE (Jigsaw)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	**Being Me in My World** Similarities and differences Emotions	**Celebrating Difference** Differences Friendships	**Dreams and Goals** Jobs for the future and how to achieve	**Healthy Me** Sleep Handwashing Safe adults	**Relationships** Family roles Friendships	**Changing Me** Changes from a baby Emotions Body names
Reception	**Being Me in My World** Teamwork Rights	**Celebrating Difference** Different experiences Friendships	**Dreams and Goals** Jobs for the future and how to achieve	**Healthy Me** Sleep Handwashing Safe adults	**Relationships** Family roles Friendships	**Changing Me** Changes from a baby Emotions Body names
Year 1	**Being Me in My World** Belonging Community Emotions	**Celebrating Difference** Bullying and being unique	**Dreams and Goals** Success Achievements Obstacles	**Healthy Me** Food, exercise, hygiene Safety: road/medicine	**Relationships** Families and friendships Community Support	**Changing Me** Life cycles Names for body parts Emotions
Year 2	**Being Me in My World** Hopes/fears Community Boundaries	**Celebrating Difference** Assumptions and stereotypes Diversity Being unique	**Dreams and Goals** Problem solving Healthy choices Cooperation	**Healthy Me** Balanced diet Risks/hazards Caring for body Well-being	**Relationships** Safe/unsafe contact Conflict Appreciation	**Changing Me** Life cycles Body changes privacy
Year 3	**Being Me in My World** Rights and responsibilities Actions/consequence	**Celebrating Difference** Managing disagreement Stereotypes	**Dreams and Goals** Collaboration Ambitions Resilience	**Healthy Me** Fitness Safety Drugs Risk (water)	**Relationships** Positive relationships Online platforms Well-being	**Changing Me** Physical changes Puberty (outside changes) Hygiene
Year 4	**Being Me in My World** Inclusion Community Rights and responsibilities Democracy	**Celebrating Difference** Judgements Bystanders Being unique	**Dreams and Goals** Goals and emotions Setbacks Perseverance	**Healthy Me** Emotional well-being Smoking/vaping/drugs Peer pressure	**Relationships** Jealousy Love and loss Compromise	**Changing Me** Puberty (male and female) Trusted adults

Year 5	**Being Me in My World** Personal goals Citizens Influence Democracy	**Celebrating Difference** Stereotypes Racism and discrimination Bullying	**Dreams and Goals** Lifestyles Aspirations	**Healthy Me** Emergency aid Body/self-image	**Relationships** Online relationships Assertiveness	**Changing Me** Puberty (emotional change) Well-being
Year 6	**Being Me in My World** Global citizen Democracy Values	**Celebrating Difference** Empathy Equality and respect Inspirational individuals	**Dreams and Goals** Motivation Leadership Planning	**Healthy Me** Physical, mental and emotional well-being Healthy habits Change	**Relationships** Anxiety/stress Managing emotions Online relationships	**Changing Me** Identity Respectful relationships **RSE: Conception reproduction**