

PSHE Curriculum Overview 2024-25

Year group	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Topic Jigsaw	Skills Coverage Jigsaw	Topic Families and people who care for me	Skills coverage Olivia's Story	Topic Jigsaw	Skills Coverage Jigsaw	Topic Looking after my body and mind & Staying safe	Skills coverage Olivia's Story	Topic Jigsaw	Skills coverage Jigsaw	Topic Growing up	Skills Coverage Olivia's Story
Y1	Being me in my world	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owing the Learning Charter	<u>Book for Olivia's story</u> <i>The Friendship Bench</i> <i>My Big Fantastic Family</i>	Theme highlights Meeting new people Tolerance Bullying Peer pressure Family relationships Who to talk to when children are worried about a friend Siblings and babies Family heritage and culture Different types of families Weddings Loss and grief What to do if a family member is making children feel uncomfortable British values Rule of Law Individual liberty Mutual respect SMSC Spiritual moral social cultural culture	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	<u>Book for Olivia's story</u> <i>Peace at Last</i> <i>Angry Arthur</i> <i>The friendship Bench</i>	Theme highlights Emotions Change and loss Mindfulness techniques Bullying Healthy lifestyles Food and cooking Boundaries and privacy Asking for help Health worries and what to do about them British values Individual liberty Rule of Law Mutual Respect SMSC Spiritual Moral social and cultural	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	<u>Book for Olivia's story</u> <i>My Big Fantastic family</i>	Theme highlights Consent Changing emotions Babies Families Recognising our strengths and resilience Careers and aspirations British Values Rule of Law Individual liberty Democracy Mutual respect SMSC Spiritual Moral Social Cultural

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Y2	Being me 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	<i>Book for Olivia's story</i> <i>Ravi's Roar</i> <i>Grandad's Camper</i>	Theme highlights Meeting new people Tolerance Bullying Peer pressure Family relationships Who to talk to when children are worried about a friend Siblings and babies Family heritage and culture Different types of families Weddings Loss and grief What to do if a family member is making children feel uncomfortable British values Rule of Law Individual liberty Mutual respect SMSC Spiritual moral social cultural	Dreams and Goals	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	<i>Book for Olivia's story</i> <i>Aliens Love Underpants</i> <i>Chicken Clicking</i>	Theme highlights Emotions Change and loss Mindfulness techniques Bullying Healthy lifestyles Food and cooking Boundaries and privacy Asking for help Health worries and what to do about them British values Individual liberty Rule of Law Mutual Respect SMSC Spiritual Moral social and cultural	Changes	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition	<i>Book for Olivia's story</i> <i>The girl who never made mistakes</i> <i>Aliens Love underpants</i>	Theme highlights Consent Changing emotions Babies Families Recognising our strengths and resilience Careers and aspirations British Values Rule of Law Individual liberty Democracy Mutual respect SMSC Spiritual Moral Social Cultural

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Y3	Being me in my world	Setting personal goals Self-identity and worth Positivity in challenges Rules rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	<i>Book for Olivia's story</i> <i>Ossiri and the Balaga Mengro</i> <i>On a magical do nothing day</i>	Theme highlights Meeting new people Tolerance Bullying Peer pressure Family relationships Who to talk to when children are worried about a friend Siblings and babies Family heritage and culture Different types of families Weddings Loss and grief What to do if a family member is making children feel uncomfortable British values Rule of Law Individual liberty	Dreams and Goals	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	<i>Book for Olivia's story</i> <i>On a Magical do nothing day</i> <i>Ruby's worry</i> <i>No Money Day</i>	Theme highlights Emotions Change and loss Mindfulness techniques Bullying Healthy lifestyles Food and cooking Boundaries and privacy Asking for help Health worries and what to do about them British values Individual liberty Rule of Mutual Respect SMSC Spiritual Moral social and cultural	Relationships	Family roles and responsibilities 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	<i>Book for Olivia's story</i> <i>The grand hotel of feelings</i>	Theme highlights Consent Changing emotions Babies Families Recognising our strengths and resilience Careers and aspirations British Values Rule of Law Individual liberty Democracy Mutual respect SMSC Spiritual Moral Social Cultural

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Y4	Being me in my world	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	<u>Book for Olivia's story</u> <i>The proudest blue</i> <i>The moose belongs to me</i> <i>The grand hotel of feelings</i>	Theme highlights Meeting new people Tolerance Bullying Peer pressure Family relationships Who to talk to when children are worried about a friend Siblings and babies Family heritage and culture Different types of families Weddings Loss and grief What to do if a family member is making children feel uncomfortable British values Rule of Law Individual liberty Mutual respect SMSC Spiritual moral social cultural	Dreams and Goals	Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	<u>Book for Olivia's story</u> <i>The grand hotel of feelings</i> <i>The proudest blue</i> <i>The penguin pig</i> <i>The moose belongs to me</i>	Theme highlights Emotions Change and loss Mindfulness techniques Bullying Healthy lifestyles Food and cooking Boundaries and privacy Asking for help Health worries and what to do about them British values Individual liberty Rule of Law Mutual Respect SMSC Spiritual Moral social and cultural	Relationships	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	<u>Book for Olivia's story</u> The Grand hotel of feelings	Theme highlights Consent Puberty Changing emotions Babies Families Recognising our strengths and resilience Careers and aspirations British Values Rule of Law Individual liberty Democracy Mutual respect SMSC Spiritual Moral Social Cultural

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Y5	Being me in my world	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy- having a voice, participating	<i>Book for Olivia's story</i> <i>The colour thief</i> <i>The boy who grew flowers</i>	Theme highlights Meeting new people Tolerance Bullying Peer pressure Family relationships Who to talk to when children are worried about a friend Siblings and babies Family heritage and culture Different types of families Weddings Loss and grief What to do if a family member is making children feel uncomfortable British values Rule of Law Individual liberty Mutual respect SMSC Spiritual moral social cultural	Dreams and Goals	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	<i>Book for Olivia's story</i> <i>Ada's Violin</i> <i>Mama Miti</i> <i>Mum and dada and glue</i>	Theme highlights Emotions Change and loss Mindfulness techniques Bullying Healthy lifestyles Food and cooking Boundaries and privacy Asking for help Health worries and what to do about them British values Individual liberty Rule of Law Mutual Respect SMSC Spiritual Moral social and cultural	Relationships	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	<i>Book for Olivia's story</i> <i>Ada's Violin</i> <i>Pizza face</i> <i>Rita weds Chandni</i>	Theme highlights Consent Puberty Changing emotions Babies Families Recognising our strengths and resilience Careers and aspirations British Values Rule of Law Individual liberty Democracy Mutual respect SMSC Spiritual Moral Social Cultural

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Y6	Being me in my world	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	<i>Book for Olivia's story</i> <i>Harry Potter and the half blood Prince</i> <i>Ann Frank</i> <i>On the tip of the wave</i>	Theme highlights Meeting new people Tolerance Bullying Peer pressure Family relationships Who to talk to when children are worried about a friend Siblings and babies Family heritage and culture Different types of families Weddings Loss and grief What to do if a family member is making children feel uncomfortable British values Rule of Law Individual liberty Mutual respect SMSC Spiritual moral social cultural	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	<i>Book for Olivia's story</i> <i>On the tip of a wave</i> <i>Ann Frank</i>	Theme highlights Emotions Change and loss Mindfulness techniques Bullying Healthy lifestyles Food and cooking Boundaries and privacy Asking for help Health worries and what to do about them Drugs and alcohol British values Individual liberty Rule of Law Mutual Respect SMSC Spiritual Moral social and cultural	Relationships	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Taking responsibility with technology use	<i>Book for Olivia's story</i> <i>Finding my Voice</i> <i>Aaron Slater the illustrator</i>	Theme highlights Consent Puberty Changing emotions Babies Families Recognising our strengths and resilience Careers and aspirations British Values Rule of Law Individual liberty Democracy Mutual respect SMSC Spiritual Moral Social Cultural