



Personal, Social and Health Education (PSHE) Substantive Knowledge Breadth Map

Based on the Jigsaw PSHE Scheme

<p>Intent</p>	<p>We follow the PSHE scheme called JIGSAW. JIGSAW brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation. Jigsaw is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time. This enables each theme to start with an introductory assembly, generating a whole school focus for adults and children alike. The whole scheme is designed with six themes (Puzzles) for six half terms – being me in my world, celebrating difference, dreams and goals, healthy me, relationships and changing me.</p> <p>Each Puzzle has six lessons (Pieces) which work towards an ‘end product’, for example, The School Learning Charter or The Garden of Dreams and Goals. Each lesson has two ‘Learning Intentions’: one is based on specific PSHE learning (covering the non-statutory national framework for PSHE Education but enhanced to address children’s needs today); and one is based on emotional literacy and social skills (covering the SEAL learning intentions but also enhanced). The enhancements mean that Jigsaw is relevant to children living in today’s world as it helps them understand and be equipped to cope with issues like body image, cyber bullying, and internet safety. An element of SMSC (Spiritual, Moral, Social, Cultural) development is incorporated in every lesson and contributes to these aspects of children’s development. This is mapped on each lesson and balanced across each year group.</p>					
Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Year 1</p>	<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences <p>Owning the learning charter</p>	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Keeping myself healthy Healthier Lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness 	<ul style="list-style-type: none"> Identifying family members Understanding what a good friend is Understanding appropriate greetings to friends Knowing who can help at school Recognising my qualities as a person Appreciating special people 	<ul style="list-style-type: none"> Lifecycles – 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

Vocabulary to be taught	Safe, special, calm, Belonging, special, rights, responsibilities, learning charter, rewards, proud, upset, disappointed, consequences, illustration	Similar, similarity, same as, difference, different from, bullying, bullying behaviour, deliberate, on purpose, unfair, included, bullied, bully, celebration, difference, unique	Proud, success, achievement, goal, treasure and coins,, goal, learning, stepping stones, process, garden, dreams, working together, teamwork, achievement	Healthy, unhealthy, balanced, exercise, sleep, Choices, clean, Body parts Toiletry items, e.g. toothbrush, shampoo, Soap Hygienic Safe, medicines, healthy, trust, safe, green cross, code, listen, wait	Family, belong, different, same, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community and feelings	<ul style="list-style-type: none"> •
Year 2	<ul style="list-style-type: none"> • Hopes and fears for the year • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings 	<ul style="list-style-type: none"> • Assumptions and stereotypes about gender • Understanding bullying • Standing up for self and others • Making new friends • Gender diversity • Celebrating difference and remaining friends 	<ul style="list-style-type: none"> • Achieving realistic goals • Perseverance • Learning strengths • Learning with others • Group co-operation • Contributing to and sharing success 	<ul style="list-style-type: none"> • Keeping myself healthy and making healthy choices • Medicine safety/safety with household items • Road safety • Healthy eating 	<ul style="list-style-type: none"> • Family members and different types of families • Keeping safe and understanding appropriate greetings • Understanding how to be a good friend and how to solve conflicts • Trust and knowing who can help at school • Appreciating and celebrating special people 	<ul style="list-style-type: none"> • Life cycles • Growing from young to old and identifying changes • Differences in male and female • Coping with change • Transition
Vocabulary to be taught		<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	Family Different Similarities Special Relationship Important Cooperate Touch Physical contact Communication Hugs Like Dislike Acceptable Not acceptable Friends Likes/dislikes Conflict Point of view Positive problem solving	<ul style="list-style-type: none"> •
Year 3	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Challenging assumptions • Judging by appearance • Accepting self and others • Understanding influences • Understanding bullying • Problem-solving • Identifying how special and unique everyone is • First impressions 	<ul style="list-style-type: none"> • Hopes and dreams • Overcoming disappointment • Creating new, realistic dreams • Achieving goals • Working in a group • Celebrating contributions • Resilience • Positive attitudes 	<ul style="list-style-type: none"> • Healthier friendships • Group dynamics • Smoking • Alcohol • Assertiveness • Peer pressure • Celebrating inner strength 	<ul style="list-style-type: none"> • Jealousy • Love and loss • Memories of loved ones • Getting on and Falling Out • Girlfriends and boyfriends • Showing appreciation to people and animals 	<ul style="list-style-type: none"> • Being unique • Having a baby • Girls and puberty • Confidence in change • Accepting change • Preparing for transition • Environmental change

<p>Vocabulary to be taught</p>	<p>Valued, achievements, praised, affirm, personal goal, acknowledge, proud, emotions, feelings, nightmare, fears, worries, solutions, rights, responsibilities, dream, learning-charter, consequences, fairness, choices, co-operate, challenge, teamwork, belong, ideal, viewpoint</p>	<p>Family, loving, caring, safe, connected, difference, special, conflict, solutions, resolve, witness, bystander, bullying, gay, unkind, feelings, hurtful, compliment, unique, similarity</p>	<p>Perseverance, challenges, success, obstacles, dreams, goals, decoration, teamwork, enterprise, design, cooperation, strengths, enthusiastic, efficient, responsible, obstacle, frustration, solution, review, self - review, celebrate, evaluate</p>	<p>Oxygen, heartbeat, lungs, heart, fitness, challenge, healthy, drugs, attitude, safe, anxious, scared, strategy, advice, harmful, substances, medicines, appreciate,</p>	<p>Male, female, unisex, role, job, responsibilities, differences, similarities, respect, stereotype, conflict, resolution, friendship, win -win, problem solve, danger, hazard, risk, concerned, anxious, relieved, trade, climate, interconnected, inequality, global, communication, transport</p>	<p>Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy.</p>
<p>Year 4</p>	<ul style="list-style-type: none"> • Setting personal goals • Self-identity and worth • Positivity in challenges • Rules, rights, and responsibilities • Rewards and consequences • Responsible choices • Seeing things from others' perspectives 	<ul style="list-style-type: none"> • Families and their differences • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Exercise • Fitness challenges • Food labelling and healthy swaps • Attitudes towards drugs • Keeping safe and why it's important online and offline • scenarios • Respect for myself and others • Healthy and safe choices 	<ul style="list-style-type: none"> • 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 other children have different lives • Expressing appreciation for family and friends 	<ul style="list-style-type: none"> • How babies grow • Understanding a baby's needs • Outside body changes • Inside body changes • Family stereotypes • Challenging my ideas • Preparing for transition <p>*Must be taught to individual year groups*</p>
	<p>Included, excluded, valued, charter, role, community, responsibility, democracy, rights, reward, consequence, decisions, voting, authority, observer, contribution</p>	<p>Character, assumption, judgement, surprised, difference, accept, appearance, assumption, influence, opinion, judgement, attitude, bullying, friend, secret, deliberate, bystander, witness, bully, cyber-bully, text message, website</p>	<p>Dream, hope, goal, feeling, determination, perseverance, fears, hurt, disappointment, plans, cope, help, resilience, self-belief, motivation, commitment, decoration, enterprise, design, cooperation</p>	<p>Friendship, emotions, healthy, relationship, value, embarrassed, roles, leader, follower, assertive, agree, disagree, smoking, pressure, peers, guilt, advice, alcohol, liver, fear, anxiety, belief, right wrong</p>	<p>Relationship, close, distant, contribute, mutual, benefit, belonging, caring, loss, strategy, shock, numb, disbelief, denial, anger, pain, sadness, despair, acceptance, souvenir, memento, memorial, opinion</p>	<p>Personal, Unique, Characteristics, Parents, Sperm, Egg / ovum, Penis, Testicles, Vagina / vulva, numb, disbelief, denial, anger, pain, sadness, despair, acceptance, souvenir, memento, memorial, opinion, Conception, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy</p>
<p>Year 5</p>	<ul style="list-style-type: none"> • Planning the forthcoming year • Being a citizen • Rights and responsibilities • Rewards and consequences • How behaviour affects groups • Democracy, having a voice, participating 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Future dreams • The importance of money • Jobs and careers • Dream job and how to get there • Goals in different cultures • Supporting others (charity) • Motivation 	<ul style="list-style-type: none"> • Smoking, including vaping • Alcohol • Alcohol and anti-social behaviour • Emergency aid • Body image • Relationships with food • Healthy choices • Motivation and behaviour 	<ul style="list-style-type: none"> • 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 • SMARRT internet safety rules 	<ul style="list-style-type: none"> • 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

Vocabulary to be taught	Education, appreciation, opportunity, goal, motivation, vision, hope, challenge, rights, British, citizen, denied, empathise, wealth, poverty, prejudice, consequence, choice, rewards, cooperation, collaboration	Culture, conflict, difference, similarity, belong, culture wheel, racism, colour, race, discrimination, bullying, rumour, name -calling, racist, homophobic, cyber bullying, indirect, direct, happiness, continuum, developing world,	Dream, hope, goal, feeling, achievement, grown up, adult, lifestyle, job, career, profession, salary, contribution, society, determination, motivation, aspiration, sponsorship	Choices, healthy, behaviour, unhealthy pressure, informed decision, emergency procedure, recovery position, calm, level-headed, body image, media, celebrity, altered, self-respect, eating problem, motivation	Characteristics, personal qualities, attributes, self-esteem, friendship, negotiate, compromise, trust, loyalty, anger, betrayal, empathy, boyfriend, girlfriend, attraction, personal, comfortable, positive, negative, jealousy, body language, safe, technology, risk, resist, harm, identity	Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age
Year 6	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, Difference as celebration Empathy 	<ul style="list-style-type: none"> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments 	<ul style="list-style-type: none"> Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

<p>Vocabulary to be taught</p>	<p>Goals, worries, fears, value, community, choice, opportunities, comparison, Maslow, Rights and responsibilities, empathise, behaviour, rewards, collaboration</p>	<p>Normal ability, perception visual impairment, vision, role model, harassment, imbalance, indirect, recipient, accolade, stamina, disability, perseverance, conflict</p>	<p>Dream, hope, strengths, stretch, personal, realistic/unrealistic, achievement, success, criteria, global, hardship, empathy, contribution, recognition, admire</p>	<p>Mood, energy, balanced diet, drugs, effects, motivation, misuse, anti - social, responsible, appropriate, gang, recovery position, Mental health, Emotional health, symptoms, triggers, pressure</p>	<p>Significant, feelings, relationship, loss, grief, bereavement, coping strategies, denial, despair, acceptance, authority, assertive, communication, Cyberbullying, safety, abuse</p>	<p>Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, negative body-talk, mental health, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, midwife, labour, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights, opportunities, freedoms, responsibilities, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement .</p>
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