



Ernest Cookson School: **Safe, Helpful, Thriving.**

PSHE CURRICULUM OVERVIEW

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><b>Being Me in My World</b></p> <p><b>Special and Safe</b> I know how to use my Jigsaw Journal</p> <p><b>My Class</b> I understand the rights and responsibilities as a member of my class</p> <p><b>Rights and Responsibilities</b> I understand the rights and responsibilities for being a member of my class</p> <p><b>Rewards and Feeling Proud</b> I know my views are valued and can contribute to the Learning Charter</p> <p><b>Consequences</b> I can recognise the choices I make and understand the consequences</p> <p><b>Learning Our Own Charter</b></p>	<p><b>Celebrating Difference</b></p> <p><b>The same as</b> .... I can identify similarities between people in my class</p> <p><b>Different from</b> ..... I can identify differences between people in my class</p> <p><b>What I 'bullying'?</b> I can tell you what bullying is</p> <p><b>What do I do about bullying?</b> I know some people who I could talk to if I was feeling</p>	<p><b>Dreams and Goals</b></p> <p><b>My Treasure Chest of Success</b> I can set simple goals</p> <p><b>Steps to Goals</b> I can set a goal and work out how to achieve it</p> <p><b>Achieving Together</b> I understand how to work well with a partner</p> <p><b>Stretchy Learning</b> I can tackle a new challenge and understand this might stretch my learning</p> <p><b>Overcoming Obstacles</b> I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them</p> <p><b>Celebrating My Success</b> I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</p>	<p><b>Healthy Me</b> I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy</p> <p><b>Healthy Choices</b> I know how to make healthy lifestyle choices</p> <p><b>Clean and Healthy</b> I know how to keep myself clean and healthy, and understand how germs cause disease/illness</p> <p>I know that all household products including medicines can be harmful if not used properly</p> <p><b>Medicine Safety</b> I understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p><b>Road Safety</b> I know how to keep safe when crossing the road, and about people who can help me to stay safe</p> <p><b>Happy, Healthy Me</b></p>	<p><b>Relationships</b></p> <p><b>Families</b> I can identify the members of my family and understand that there are lots of different types of families</p> <p><b>Making Friends</b> I can identify what being a good friend means to me</p> <p><b>Greetings</b> I know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p><b>People Who Help Us</b> I know who can help me in my school community</p> <p><b>Being My Own Best Friend</b> I can recognise my qualities as a person and a friend</p>	<p><b>Changing Me</b></p> <p><b>Life Cycles</b> I am starting to understand the life cycles of animals and humans</p> <p><b>Changing Me</b> I can tell you some things about me that have changed and some things about me that have stayed the same</p> <p><b>My Changing Body</b> I can tell you how my body has changed since I was a baby</p> <p><b>Boys' and Girls' Bodies</b> I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</p> <p><b>Learning and Growing</b> I understand that every time I learn something new I change a little bit</p> <p><b>Coping with Changes</b> I can tell you about changes that have happened in my life</p> <p><b>RSE</b> Boys' and girls' bodies; body parts and respecting privacy (which parts</p>



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	<p>I understand my rights and responsibilities within our Learning Charter</p> <p>Show Racism the Red Card</p>	<p>unhappy or being bullied</p> <p><b>Making new friends</b> I know how to make new friends</p> <p><b>Celebrating difference; celebrating me</b> I can tell you some ways I am different from my friends</p> <p>Antibullying week</p> <p>Personal Care/Hygiene</p>		<p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p>The Smile Squad LFC</p> <p>A great resource to help with hygiene and infection control <a href="https://e-bug.eu/">https://e-bug.eu/</a></p>	<p><b>Celebrating My Special Relationships</b> I can tell you why I appreciate someone who is special to me</p>	<p>of the body are private and why this is)</p>
Year 2	<p>Being Me in My World</p> <p><b>Hopes and Fears for the Year</b> I can identify some of my hopes and fears for this year</p> <p>I know how to use my Jigsaw Journal</p>	<p><b>Celebrating Difference</b></p> <p><b>Life Cycles in Nature</b> I can recognise cycles of life in nature</p> <p><b>Growing from Young to Old</b></p>	<p><b>Relationships</b></p> <p><b>Families</b> I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate</p> <p><b>Keeping Safe – Exploring Physical Contact</b> I understand that there are lots of forms of physical contact within a family and</p>	<p><b>Healthy Me</b></p> <p><b>Healthy Me</b> I know what I need to keep my body healthy</p> <p><b>Being Relaxed</b> I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed</p>	<p><b>Changing Me</b></p> <p><b>Families</b> I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate</p>	<p><b>Dreams and Goals</b></p> <p><b>Goals to Success</b> I can choose a realistic goal and think about how to achieve it</p> <p><b>My Learning Strengths</b> I carry on trying (persevering) even when I find tasks difficult</p> <p><b>Learning with Others</b></p>



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	<p><b>Rights and Responsibilities</b> I understand the rights and responsibilities for being a member of my class and school, and the importance of making contributions</p> <p><b>Rewards and Consequences</b> I listen to other people and contribute my own ideas about rewards and consequences</p> <p><b>Rewards and Consequences</b> I can listen to other people and contribute my own ideas about rewards and consequences</p> <p><b>Our Learning Charter</b> I understand how following the Learning Charter will help me and others learn</p> <p><b>Owning Our learning Charter</b> I recognise the choices I make and understand the consequences</p>	<p>I can tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p><b>The Changing Me</b> I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p><b>Boys' and Girl's' Bodies</b> I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina, anus) and appreciate that some</p>	<p>that some of this is acceptable and some is not</p> <p><b>Friends and Conflict</b> I can identify some of the things that cause conflict with my friends</p> <p><b>Secrets</b> I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p><b>Trust and Appreciation</b> I recognise and appreciate people who can help me in my family, my school and my community</p> <p><b>Celebrating My Special Relationships</b> I can express my appreciation for the people in my special relationships</p>	<p><b>Medicine Safety</b> I understand how medicines work in my body and how important it is to use them safely</p> <p><b>Healthy Eating</b> I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</p> <p><b>Healthy Eating</b> I can make some healthy snacks and explain why they are good for my body</p> <p><b>Happy, Healthy Me!</b> I understand which foods to eat to give my body energy</p> <p>The Smile Squad LFC</p> <p>A great resource to help with hygiene and infection control <a href="https://e-bug.eu/">https://e-bug.eu/</a></p>	<p><b>Keeping Safe - exploring physical contact</b> I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not</p> <p><b>Friends and Conflict</b> I can identify some of the things that cause conflict with my friends</p> <p><b>Secrets</b> I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p><b>Trust and Appreciation</b> I recognise and appreciate people who can help me in my family, my school and my community</p> <p><b>Celebrating My Special Relationships</b> I can express my appreciation for the</p>	<p>I can recognise who I work well with and who it is more difficult for me to work with</p> <p><b>A Group Challenge</b> I can work well in a group to create an end product</p> <p><b>Continuing our Group Challenge</b> I can explain some of the ways I worked well in my group to create the end product</p>
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	<p>Show Racism the Red Card</p>	<p>parts of my body are private</p> <p><b>Assertiveness</b> I understand there are different types of touch and can tell you which ones I like and don't like</p> <p><b>Looking Ahead</b> I can identify what I am looking forward to when I move to my next class</p> <p>Antibullying week</p> <p>Personal Care/Hygiene</p>			<p>people in my special relationships</p> <p>RSE Recognise physical differences between girl and boy. Understand there are different types of touch and know which ones I like and which ones I don't.</p>	
Year 3	<p>Being Me in My World</p> <p><b>Getting to Know Each Other</b> I recognise my worth and can identify positive</p>	<p>Celebrating Difference</p> <p><b>Families</b> I understand that everybody's family is</p>	<p>Dreams and Goals</p> <p><b>Dreams and Goals</b> I can tell you about a person who has faced difficult challenges and achieved success</p> <p><b>My Dreams and Ambitions</b></p>	<p>Relationships</p> <p><b>Family Roles and Responsibilities</b> I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</p>	<p>Healthy Me</p> <p><b>Being Fit and Healthy</b> I understand how exercise affects my body and know why my heart and lungs</p>	<p>Changing Me</p> <p><b>Family Roles and Responsibilities</b> I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</p>



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<p>things about myself and my achievements</p> <p>I can set personal goals</p> <p>I know how to use my Jigsaw Journal</p> <p><b>Our Nightmare School</b> I can face new challenges positively, make responsible choices and ask for help when I need it</p> <p><b>Our Dream School</b> I understand why rules are needed and how they relate to rights and responsibilities</p> <p><b>Rewards and Consequences</b> I understand that my actions affect myself and others and I care about other people's feelings</p> <p><b>Our Learning Charter</b> I can make responsible choices and take action</p>	<p>different and important to them</p> <p><b>Family Conflict</b> I understand that differences and conflicts sometimes happen among family members</p> <p><b>Witness and Feelings</b> I know what it means to be a witness to bullying</p> <p><b>Witness and Solutions</b> I know that witnesses can make the situation better or worse by what they do</p> <p><b>Words that harm</b> I recognise that some words are used in hurtful ways</p>	<p>I can identify a dream/ambition that is important to me</p> <p><b>A New Challenge</b> I enjoy facing new learning challenges and working out the best ways for me to achieve them</p> <p><b>Our New Challenge</b> I can be motivated and enthusiastic about achieving our new challenge</p> <p><b>Our New Challenge: Overcoming Obstacles</b> I can recognise obstacles which might hinder my achievement and take steps to overcome them</p> <p><b>Celebrating My Learning</b> I can evaluate my own learning process and identify how it can be better next time</p>	<p><b>Friendship</b> I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener</p> <p><b>Keeping Myself Safe Online</b> I know and can use some strategies for keeping myself safe online</p> <p><b>Being a Global Citizen 1</b> I can explain how some of the actions and work of people around the world help and influence my life</p> <p><b>Being a Global Citizen 2</b> I understand how my needs and rights are shared by children around the world and can identify how our lives may be different</p> <p><b>Celebrating My Web of Relationships</b> I know how to express my appreciation to my friends and family</p>	<p>are such important organs</p> <p><b>Being Fit and Healthy</b> I know that the amount of calories, fat and sugar I put into my body will affect my health</p> <p><b>Have been Physically Active</b> I can tell you my knowledge and attitude towards drugs</p> <p><b>Being Safe</b> I can identify things, people and places that I need to keep safe from</p> <p>I know some strategies for keeping myself safe, who to go to for help and how to call emergency services</p> <p><b>Safe or Unsafe</b> I can identify when something feels safe or unsafe</p> <p><b>My Amazing Body</b></p>	<p><b>Friendship</b> I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener</p> <p><b>Keeping Myself Safe Online</b> I know and can use some strategies for keeping myself safe online</p> <p><b>Being a Global Citizen 1</b> I can explain how some of the actions and work of people around the world help and influence my life</p> <p><b>Being a Global Citizen 2</b> I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p><b>Celebrating My Web of Relationships</b> I know how to express my appreciation to my friends and family</p> <p>RSE Understand that boys' and girls' bodies need to change so that when I grow up their bodies can make babies.</p>
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	<p><b>Owning Our learning Charter</b> I understand my actions affect others and try to see things from their points of view</p> <p>Show Racism the Red Card</p>	<p><b>Celebrating difference: Confidence</b> I can tell you about a time when my words affected someone's feelings and what the consequences were</p> <p>Antibullying week</p> <p>Personal Care/Hygiene</p>			<p>I understand how complex my body is and how important it is to take care of it</p> <p>The Smile Squad LFC</p>	
Year 4	<p><b>Being Me in My World</b></p> <p><b>Becoming a Class Team</b> I know my attitudes and actions make a difference to the class team</p> <p>I know how to use my Jigsaw Journal</p> <p><b>Being a School Citizen</b> I understand who is in my school community, the roles they play, how I fit</p>	<p><b>Celebrating Difference</b></p> <p><b>Unique Me</b> I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p>	<p><b>Relationships</b></p> <p><b>Jealously</b> I can recognise situations which can cause jealousy in relationships</p> <p><b>Love and Lost</b> I can identify someone I love and can express why they are special to me</p> <p><b>Memories</b> <b>Puzzle outcome: Memory Box</b> I can tell you about someone I know that I no longer see</p> <p><b>Getting On and Falling Out</b></p>	<p><b>Healthy Me</b></p> <p><b>My Friends and Me</b> I recognise how different friendship groups are formed, how I fit into them and the friends I value the most</p> <p><b>Group Dynamics</b> I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations</p> <p><b>Smoking</b> I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p>	<p><b>Changing Me</b></p> <p><b>Changing Me</b> I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p> <p><b>Having a Baby</b> I can correctly label the internal and external parts of male</p>	<p><b>Dreams and Goals</b></p> <p><b>Hopes and Dreams</b> I can tell you about some of my hopes and dreams</p> <p><b>Broken Dreams</b> I understand that sometimes hopes and dreams do not come true and that this can hurt</p> <p><b>Overcoming Disappointment</b> I know that reflecting on positive and happy experiences can help me to counteract disappointment</p> <p><b>Creating New Dreams</b></p>



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	<p>in and how I can contribute</p> <p><b>Rights, Responsibilities and Democracy</b> I understand how democracy works through the School Council</p> <p><b>Rewards and Consequences</b> I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</p> <p><b>Our Learning Charter</b> I understand how groups come together to make decisions</p> <p><b>Owning Our Learning Charter</b> I understand how democracy and having a voice benefits the school community</p> <p>Show Racism the Red Card</p>	<p><b>Having a Baby</b> I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p><b>Having a Baby (part 2)</b> I understand what responsibilities there are in parenthood and the joy it can bring</p> <p>I can consider what has influenced my life and what might influence the lives of other people</p> <p><b>Puberty and Menstruation</b> I can describe how a girl's body changes</p>	<p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p><b>Girlfriends and Boyfriends</b> I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older</p> <p><b>Celebrating My Relationships with People and Animals</b> I know how to show love and appreciation to the people and animals who are special to me</p>	<p><b>Alcohol</b> I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</p> <p><b>Healthy Friendships</b> I can recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p><b>Celebrating My Inner Strength and Assertiveness</b> I know myself well enough to have a clear picture of what I believe is right and wrong</p> <p>The Smile Squad LFC</p> <p>A great resource to help with hygiene and infection control <a href="https://e-bug.eu/">https://e-bug.eu/</a></p> <p>Additional lessons: Healthy Teeth and Gums (JIGSAW)</p> <p><a href="https://jigsawpshe.online/materials/pshe-primary/optional-lesson-plans/healthy-teeth-and-gums/">https://jigsawpshe.online/materials/pshe-primary/optional-lesson-plans/healthy-teeth-and-gums/</a></p>	<p>and female bodies that are necessary for making a baby</p> <p><b>2a. Having a Baby (Alternative lesson for Piece 2)</b> I understand what responsibilities there are in parenthood and the joy it can bring</p> <p>I can consider what has influenced my life and what might influence the lives of other people</p> <p><b>Puberty and Menstruation</b> I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p><b>Circles of Change</b> I know how the circle of change works and can apply it to</p>	<p>I know how to make a new plan and set new goals even if I have been disappointed</p> <p><b>Achieving Goals</b> I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group</p> <p><b>We Did It</b> I can identify the contributions made by myself and others to the group's achievement</p>
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		<p>in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p><b>Circles of Change</b> I know how the circle of change works and can apply it to changes I want to make in my life</p> <p><b>Accepting Change</b> I can identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p><b>Looking Ahead</b> I can identify what I am looking forward to</p>			<p>changes I want to make in my life</p> <p><b>Accepting Change</b> I can identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p><b>Looking Ahead</b> I can identify what I am looking forward to when I move to a new class</p> <p><b>RSE</b> Internal and external reproductive body parts, body changes in girls and menstruation</p>	
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		when I move to a new class  Antibullying week  Personal Care/Hygiene				
Year 5/Lister	<p>Being Me in My World</p> <p><b>My Year Ahead</b> I can face new challenges positively and know how to set personal goals</p> <p>I know how to use my Jigsaw Journal</p> <p><b>Being a Citizen of My Country</b> I understand my rights and responsibilities as a citizen of my country</p> <p><b>Year 5 Responsibilities</b> I understand my rights and responsibilities as a citizen of my country and as a member of my school</p> <p><b>Rewards and Consequences</b> I can make choices about my own behaviour</p>	<p>Celebrating Difference</p> <p><b>Different Cultures</b> I understand that cultural differences sometimes cause conflict</p> <p><b>Racism</b> I understand what racism is</p> <p><b>Rumours and Name-calling</b> I understand how rumour-spreading and name-calling can be bullying behaviours</p> <p><b>Types of Bullying</b></p>	<p>Dreams and Goals</p> <p><b>When I Grow Up (My Dream and Lifestyle)</b> I understand that I will need money to help me achieve some of my dreams</p> <p><b>Investigate Jobs and Careers</b> I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs</p> <p><b>My Dream Job. Why I want it and the steps to get there</b> I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it</p> <p><b>Dreams and Goals of Young People in Other Cultures</b> I can describe the dreams and goals of young people in a culture different to mine</p> <p><b>How Can We Support Each Other?</b> I understand that communicating with someone in a different culture means we can learn from each other and I can</p>	<p>Healthy Me</p> <p><b>Smoking</b> I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart</p> <p><b>Alcohol</b> I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p><b>Emergency Aid</b> I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p><b>Body Image</b> I understand how the media, social media and celebrity culture promotes certain body types</p> <p><b>My Relationship with Food</b> I can describe the different attitudes people have to food and how these can be affected by external influences</p>	<p>Relationships</p> <p><b>Recognising Me</b> I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p><b>Safety with Online Communities</b> I understand that belonging to an online community can have positive and negative consequences</p> <p><b>Being in an Online Community</b> I understand there are rights and responsibilities in an online community or social network</p> <p><b>Online Gaming</b></p>	<p>Changing Me</p> <p><b>Self and Body Image</b> I am aware of my own self-image and how my body image fits into that</p> <p><b>Puberty for Girls</b> I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p><b>Puberty for Boys</b> I can describe how boys' and girls' bodies change during puberty</p> <p><b>Conception</b> I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p>



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	<p>because I understand how rewards and consequences feel</p> <p><b>Our Learning Charter</b> I understand how an individual's behaviour can impact on a group</p> <p><b>Owning Our Learning Charter</b> I understand how democracy and having a voice benefits the school community and know how to participate in this</p> <p>Show Racism the Red Card</p>	<p>I can explain the difference between direct and indirect types of bullying</p> <p><b>Does Money Matter?</b> I can compare my life with people in the developing world</p> <p><b>Celebrating Difference Across the World</b> I can understand a different culture from my own</p> <p>Antibullying week</p> <p>Personal Care/Hygiene</p>	<p>identify a range of ways that we could support each other</p> <p><b>Rallying Support</b> I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship</p> <p>Economic Wellbeing and Career Success</p> <p>Money Workshop -My Money – My Choices – My Future by Peter Atkinson</p> <p>Financial Education: Additional lessons – attitudes towards money (JIGSAW)</p> <p><a href="https://jigsawpshe.online/materials/psh-e-primary/optional-lesson-plans/financial-education/">https://jigsawpshe.online/materials/psh-e-primary/optional-lesson-plans/financial-education/</a></p>	<p><b>Healthy Me</b> I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p>	<p>I know there are rights and responsibilities when playing a game online</p> <p><b>My Relationship with Technology: screen time</b> I can recognise when I am spending too much time using devices (screen time)</p> <p><b>Relationships and Technology</b> I can explain how to stay safe when using technology to communicate with my friends</p>	<p><b>Looking Ahead 1</b> I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p><b>Looking Ahead 2</b> I can identify what I am looking forward to when I move to my next class.</p>
Year 6/Lister	<p>Being Me in My World</p> <p>My Year Ahead</p>	<p>Celebrating Difference</p> <p>My Self Image</p>	<p>Healthy Me</p> <p>Taking Responsibility for My Health and Well-being</p>	<p>Relationships</p> <p>What is Mental Health? I know that it is important to take care of my mental health</p>	<p>Dreams and Goals</p> <p>Personal Learning Goals</p>	<p>Changing Me</p> <p>My Self Image</p>



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**PSHE CURRICULUM OVERVIEW**

<p>I can identify my goals for this year, understand my fears and worries about the future and know how to express them.</p> <p>I know how to use my Jigsaw Journal</p> <p><b>Being a Global Citizen 1</b> I know that there are universal rights for all children but for many children these rights are not met</p> <p><b>Being a Global Citizen 2</b> I understand that my actions affect other people locally and globally</p> <p><b>The Learning Charter</b> I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities</p> <p><b>Our Learning Charter</b></p>	<p>I am aware of my own self-image and how my body image fits into that</p> <p><b>Puberty</b> I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p><b>Babies: Conception to Birth</b> I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p><b>Boyfriends and Girlfriends</b> I understand how being physically</p>	<p>I can take responsibility for my health and make choices that benefit my health and well-being</p> <p><b>Drugs</b> I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p><b>Exploitation</b> I understand that some people can be exploited and made to do things that are against the law</p> <p><b>Gangs</b> I know why some people join gangs and the risks this involves</p> <p><b>Emotional and Mental Health</b> I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p><b>Managing Stress and Pressure</b> I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse</p> <p>The Smile Squad LFC</p> <p>Additional lessons: <a href="#">Healthy Teeth and Gums (JIGSAW)</a></p> <p><a href="https://jigsawpshe.online/materials/pshe-primary/optional-lesson-plans/healthy-teeth-and-gums/">https://jigsawpshe.online/materials/pshe-primary/optional-lesson-plans/healthy-teeth-and-gums/</a></p>	<p><b>My Mental Health</b> I know how to take care of my mental health</p> <p><b>Love and Loss</b> I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p><b>Power and Control</b> I can recognise when people are trying to gain power or control</p> <p><b>Being Online: Real or Fake? Safe or Unsafe?</b> I can judge whether something online is safe and helpful for me</p> <p><b>Using Technology Responsibly</b> I can use technology positively and safely to communicate with my friends and family</p>	<p>I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal)</p> <p><b>Steps to Success</b> I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these</p> <p><b>My Dream for The World</b> I can identify problems in the world that concern me and talk to other people about them</p> <p><b>Helping to Make a Difference</b> I can work with other people to help make the world a better place</p> <p><b>Helping to Make a Difference</b> I can describe some ways in which I can work with other</p>	<p>I am aware of my own self-image and how my body image fits into that</p> <p><b>Puberty</b> I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p><b>Babies: Conception to Birth</b> I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p><b>Boyfriends and Girlfriends</b> I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend</p> <p><b>Adolescent Friendships</b> I can be assertive when appropriate</p> <p><b>Real Self and Ideal Self</b> I am aware of the importance of a positive self-esteem and what I can do to develop it</p> <p><b>The Year Ahead</b> I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class</p>
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	<p>I understand how an individual's behaviour can impact on a group</p> <p><b>Owning Our Learning Charter</b> I understand how democracy and having a voice benefits the school community</p> <p>Show Racism the Red Card</p>	<p>attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p> <p><b>Adolescent Friendships</b> I know myself well enough to maintain positive relationships with others whilst still keeping my own identity</p> <p><b>Real Self and Ideal Self</b> I am aware of the importance of a positive self-esteem and what I can do to develop it</p> <p><b>The Year Ahead</b> I can identify what I am</p>			<p>people to help make the world a better place</p> <p><b>Recognising Our Achievements</b> I know what some people in my class like or admire about me and can accept their praise</p> <p>Economic Wellbeing and Career Success</p> <p>Money Workshop -My Money – My Choices – My Future by Peter Atkinson</p> <p>Financial Education: Additional lessons – attitudes towards money (JIGSAW)</p> <p><a href="https://jigsawpshe.online/materials/pshe-primary/optional-lesson-plans/financial-education/">https://jigsawpshe.online/materials/pshe-primary/optional-lesson-plans/financial-education/</a></p>	<p>RSE Puberty Conception to birth Boyfriends and Girlfriends</p>
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PSHE CURRICULUM OVERVIEW

		looking forward to and what worries me about the transition to secondary school /or moving to my next class.  Antibullying week  Personal Care/Hygiene				