



Chandlers Field Primary School
PSHE curriculum
WHOLE SCHOOL OVERVIEW 2019-2020

Termly Puzzle Piece	<i>Being Me in My World</i>	<i>Celebrating differences</i>	<i>Dreams and Goals</i>	<i>Healthy Me</i>	<i>Relationships</i>	<i>Changing Me</i>
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YEAR GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 6	<u>Puzzle Piece 1</u> Being me in my world.	<u>Puzzle Piece 2</u> Celebrating Differences	<u>Puzzle Piece 3</u> Dreams and Goals	<u>Puzzle Piece 4</u> Healthy Me	<u>Puzzle Piece 5</u> Relationships	<u>Puzzle Piece 6</u> Changing me
Week 1 Aim	Identify goals for this year. To understand my fears and worries and how to express them. To know how to use my Jigsaw Journal.	Understand that there are different perceptions of what normal means.	I know my own learning strengths and can set my own challenging but realistic goals.	Know the impact of food on my body.	Identify the most significant people in my life so far.	Be aware of my own self-image and how my body image fits into that.
Week 2 Aim	Understand that there are universal rights for every child but these rights are often not met.	Understand that having a disability could affect someone's life.	I can work out the learning steps I need to take to reach my goal and motivate myself.	To know about the different types of drugs and their uses and their effect they can have on the body.	Know some of the feelings we can have when someone dies or leaves.	Explain how girls and boys bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
Week 3 Aim	Understand that my actions affect others locally and globally.	To understand how one person or a group could have power over another.	Identify things in the world that concern me and talk to other people about them.	Evaluate when alcohol is being used responsibly, anti-socially or being misused.	Understand that there are different stages of grief and that there are different types of loss that cause people to grieve.	Ask the questions I need answered about changes during puberty.
Week 4 Aim	To make choices about my own behaviour.	To know some of the reasons why people use bullying	Work with other people to make the world a better place.	To know and put into practice emergency aid procedures and know	Recognise when people are trying to gain power or control.	Describe how a baby develops through contraception and the

	To understand how rewards and consequences feel and how these relate to my rights and responsibilities.	behaviours.		how to get help in an emergency.		nine months of pregnancy. Describe birth.
Week 5 Aim	To understand how an individual's behaviour can impact on a group.	Give examples of people with disabilities who live amazing lives	Describe some ways in which I can work with other people and help to make the world a better place.	Understand what it means to be emotionally well and explore people's attitudes to mental health.	Understand how technology can be used to try to gain power or control. Use strategies to stop this from happening.	Understand how being attracted to someone changes the nature of that relationship.
Week 6 Aim	Understand how democracy and having a voice can impact on your school community.	Explain ways in which difference can be a source of conflict and a cause for celebration.	Know what some people in my class like or admire about me and accept their praise.	Recognise when I feel stressed and the triggers and understand how stress can cause alcohol misuse.	Use technology positively and safely to communicate with my friends and family.	Identify what I am looking forward to and what worries me about the transition to secondary school.
Additional Learning days/Events		Art of Brilliance – across school	Art of Brilliance – across school		<u>Feeling Good Week</u> Charity Event	Junior Citizen Transition to secondary
Year 5	<u>Puzzle Piece 1</u> Being me in my world.	<u>Puzzle Piece 2</u> Celebrating Differences	<u>Puzzle Piece 3</u> Dreams and Goals	<u>Puzzle Piece 4</u> Healthy Me	<u>Puzzle Piece 5</u> Relationships	<u>Puzzle Piece 6</u> Changing me
Week 1 Aim	To face new challenges positively.	Understand that cultural differences sometimes cause conflict.	Understand that I will need money to achieve some of my dreams.	Know the health risks of smoking and explain how it affects the lungs, liver and heart.	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.	I am aware of my self-image and how my body image fits into that.
Week 2 Aim	Understand my rights and responsibilities as a British citizen.	Understand what racism is.	Know about a range of jobs carried out by people I know. Understand what motivates me and how to achieve in life.	Know the risks of misusing alcohol, including anti-social behaviours.	I can recognise how friendships change and can manage fall outs with friends.	I can explain how a girls body changes during puberty and understand the importance of looking after yourself physically and emotionally.
Week 3 Aim	Understand my right and responsibilities as	Understand how rumours and name-	Identify a job id like to do when I grow up	To know and put into practice basic	Understand what it feels like to be	Describe how a boys/girls body can

	a member of my school.	calling can be bullying behaviours.	and how to achieve it.	emergency aid procedures and know how to get help in an emergency.	attracted to someone and what having a girlfriend/boyfriend might mean.	change during puberty.
Week 4 Aim	Make choices about my behaviour and understand rewards and consequences.	Explain the difference between direct and in-direct bullying.	Describe the dreams and goals of a young person who is part of a culture different to my own.	Understand how the media and celebrity culture promotes certain body types.	Understand what it feels like to be attracted to someone and what having a girlfriend/boyfriend might mean.	Understand that sexual intercourse can lead to conception and that is how babies are usually made.
Week 5 Aim	Understand how my behaviour impacts on a group.	Compare my life with people in the developing world.	Understand that communicating with someone from a different culture means we can learn from each other.	Describe the different roles food can play in people's lives and explain how people develop eating problems relating to body image.	Understand how to stay safe when using technology to communicate with my friends.	Identify what I am looking forward to about becoming a teenager and understand that this brings growing responsibilities.
Week 6 Aim	Understand democracy and having a voice in my school and community.	Enjoy the experience of a culture other than my own.	Encourage my peers to support young people here and abroad to meet their aspirations.	Know what makes a healthy lifestyle including healthy eating and the choices I need to make to be happy.	Understand how to stay safe when using technology to communicate with my friends.	Identify what I am looking forward to in year 6.
Additional Learning days/Events	Train to be reading leaders				<u>Feeling Good Week</u> Charity Event	
Year 4	<u>Puzzle Piece 1</u> Being me in my world.	<u>Puzzle Piece 2</u> Celebrating Differences	<u>Puzzle Piece 3</u> Dreams and Goals	<u>Puzzle Piece 4</u> Healthy Me	<u>Puzzle Piece 5</u> Relationships	<u>Puzzle Piece 6</u> Changing me
Week 1 Aim	To understand that attitudes and actions make a difference to the class team. To understand how to use my Jigsaw Journal.	To understand that, sometimes, we make presumptions based on what people look like.	To explain some hopes and dreams of my own and others.	To understand how different friendship groups are formed, how I fit into them and the friends I value the most.	To identify the web of relationships that I am part of, starting from the closest and ending with the more distant.	To understand the some of my characteristics come from my birth parents. To understand that this happens because I am made from the joining of their egg and sperm.
Week 2 Aim	To understand who is in my school	To understand what influences me to	Understand that sometimes hopes and	To recognise the changing dynamics	Identify someone I love and express why	To correctly label the internal and external

	community, the roles they play and how I fit in.	make assumptions based on how people look.	dreams do not come true and that this can hurt.	between people in different groups and see who takes on which role, e.g: leader, follower.	they are special to me.	parts of the male and female bodies that are necessary for making a baby.
Week 3 Aim	Understand how democracy works through the school council.	To understand that bullying is hard to spot and to know what to do if I think it is going on.	To understand that reflecting on positive and happy experiences can help me to counteract disappointment.	Understand the facts about smoking and its effects on health. To identify some of the reasons some people start to smoke.	To tell you about someone I know who I no-longer see.	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 is a normal part of this.
Week 4 Aim	Understand that my actions affect myself and others.	To explain why witnesses sometimes join in with bullying and do not tell if it is happening.	To know how to make a new plan and set new goals even if I have been disappointed.	Understand the facts about alcohol and the effects on health, particularly the liver. To identify some of the reasons people drink.	To explain different points of view on an animal rights issue.	Know how the cycle of change works and apply it to changes I want to make in my life.
Week 5 Aim	Understand how groups come together to make decisions.	To identify what is special about me and understand the ways in which I am unique.	To know how to work out the steps to take to achieve a goal and how to do this successfully as part of a group.	Recognise when people are putting me under pressure and explain ways to resist this when I want.	To understand how people feel when they love a special pet.	Identify changes that have been and may continue to be outside of my control that I learn to accept.
Week 6 Aim	Understand how democracy and having a voice benefits the school community.	To tell of a time when my first impression of someone changed when I got to know them.	To identify the contributions made by myself and others.	To know myself well enough to have a clear picture of what is right and wrong.	To know how to show love and appreciation to the people and animals who are special to me.	To identify what I am looking forward to in Year 5.
Additional Learning days/Events					<u>Feeling Good Week</u> Charity Event	
Year 3	<u>Puzzle Piece 1</u> Being me in my world.	<u>Puzzle Piece 2</u> Celebrating Differences	<u>Puzzle Piece 3</u> Dreams and Goals	<u>Puzzle Piece 4</u> Healthy Me	<u>Puzzle Piece 5</u> Relationships	<u>Puzzle Piece 6</u> Changing me
Week 1 Aim	Recognise my worth and identify positive	Understand that everybody's family is	Tell you about a person who has faced	Understand how exercise affects my	Identify the roles and responsibilities for	Understand that in animals and humans

	things about myself and my achievements.	different and important to them.	challenges and achieved success.	body and know how the heart and lungs are important organs.	each member of my family.	lots of changes happen between conception and growing up.
Week 2 Aim	I can face new challenges positively.	Understand that differences and conflicts sometimes happen among family members.	Identify a dream/ambition that is important to me.	Understand how exercise affects my body and know how the heart and lungs are important organs.	Identify and put into practice some of the skills of friendship.	Understand how babies grow and develop in the mother's uterus. Understand what a baby needs to grow.
Week 3 Aim	Understand why rules are needed and how they can relate to rights and responsibilities.	Know what it means to be a witness to bullying.	Enjoy facing new challenges and working out the best way for me to achieve them.	Explain my attitude and knowledge towards drugs.	Know and use some strategies I can use to keep myself safe.	Understand that boys and girls bodies need to change so that when they grow up they can make babies. Understand how boys and girls bodies change on the outside.
Week 4 Aim	Understand that my actions affect myself and others and I care about other people's feelings.	Know that witnesses to bullying can make the situation better or worse by what they do.	Be motivated and enthusiastic about achieving a new challenge.	Identify things, people and places that I need to keep safe from.	Explain how some of the actions and work of people around the world help and influence my life.	Understand how boys and girls bodies change on the inside during the growing up process.
Week 5 Aim	I can make responsible choices and take action.	Recognise that some words are used in hurtful ways.	To recognise obstacles that might hinder my achievement and take steps to overcome them.	Understand that, like medicine, some household substances can be harmful.	Understand how my needs and rights are shared by children around the world and identify how our lives might be different.	I can start to recognise stereotypical ideas I might have about parenting and family roles.
Week 6 Aim	Understand that my actions affect others and try to see things from their point of view.	Tell you a time when my words affected someone and what the consequences were.	Evaluate my own learning process and identify what I can do better next time.	Understand how complex my body is and how important it is to take care of it.	Know how to express my appreciation for my friends and family.	I can recognise what I am looking forward to in year 4.
Additional learning days/events					<u>Feeling Good Week</u> Charity Event	
Year 2	<u>Puzzle Piece 1</u>	<u>Puzzle Piece 2</u>	<u>Puzzle Piece 3</u>	<u>Puzzle Piece 4</u>	<u>Puzzle Piece 5</u>	<u>Puzzle Piece 6</u>

	Being me in my world.	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing me
Week 1 Aim	Identify some hopes and fears for the year. I know how to use my Jigsaw Journal.	Understand that sometimes people make assumptions about boys and girls (Stereotypes).	To think about a realistic goal and how to achieve it.	Know what I need to keep my body healthy.	Identify the different members of my family. To understand my relationship with each of them.	Recognise the lifecycles in life/nature.
Week 2 Aim	Understand the rights and responsibilities of being a member of my class.	Understand that boys and girls can be different but can enjoy the same things.	Understand how to persevere even when I find something difficult.	To show or explain what relaxed means. To understand the things that make me relaxed and the things that make me stressed.	To understand that there are many forms of physical contact with members of the family and how some is acceptable and some is not.	To explain the natural process of growing from young to old. To understand this is not in my control.
Week 3 Aim	Understand the rights and responsibilities of being a member of my school.	Understand that bullying is sometimes about being different.	Recognise who is easy for me to work with and who is more difficult.	To understand how medicines work in my body and how to use them safely.	Identify things that may cause conflict with my friends.	Recognise how my body has changed since I was a baby and where I am on the continuum of young to old.
Week 4 Aim	Listen to others and contribute my own ideas about rewards and consequences.	Recognise what is right and wrong and how to look after myself.	To work cooperatively in a group to create an end product.	To sort foods into the correct food groups and understand which foods keep my body healthy.	To understand that sometimes it is good to keep a secret and sometimes it is not.	Recognise the physical differences between girls and boys. To use the correct names for the body parts and appreciate that some parts of my body are private.
Week 5 Aim	Understand how we follow the learning charter and how this will help me and others to learn.	Identify ways to make new friends.	Explain some of the ways I worked cooperatively with my group and how this helped us to produce	To decide what foods to eat to give my body energy.	To recognise and appreciate people who can help me in my family, my school and my community.	Understand that there are different types of touch and can tell you which ones I like and which I don't.

			the end product.			
Week 6 Aim	Recognise the choices I make and understand the consequences.	Discus ways I am different from a friend.	Share successes with other people.	To make a healthy snack and explain how it is good for my body.	To express my appreciation for the people in my special relationships.	Identify what I am looking forward to in year 3.
Additional Learning days/events		<u>Parent Christmas Workshop</u> Bring in a parent to create a special memory.		<u>Class Challenge</u> Soup Sharing competition Class will create a healthy soup to share with the school.	<u>Feeling Good Week</u> Charity Event	

Year 1	<u>Puzzle Piece 1</u> Being me in my world.	<u>Puzzle Piece 2</u> Celebrating Differences	<u>Puzzle Piece 3</u> Dreams and Goals	<u>Puzzle Piece 4</u> Healthy Me	<u>Puzzle Piece 5</u> Relationships	<u>Puzzle Piece 6</u> Changing me
Week 1 Aim	Understand how to use my Jigsaw Journal.	To identify similarities between people in my class.	To set a simple goal.	Understand the difference between being healthy and unhealthy. To know ways that I can keep myself healthy.	Identify members of my family and recognise that there are different types of families.	Start to understand the lifecycles of animals and humans.
Week 2 Aim	Understand the rights and responsibilities as a member of my class.	To identify the differences between people in my class.	To set a simple goal and work out a way to achieve it.	To know how to make healthy lifestyle choices.	Identify what being a good friend means to me.	To tell you some things about me that have changed and some things that have stayed the same.
Week 3 Aim	Understand the rights and responsibilities of being a member of my school.	To understand what bullying is.	Understand how to work well with a partner.	To know how to keep myself clean and how this can help the spread of germs. To understand that household products may be harmful, even medicines.	To know appropriate ways of physical contact to greet my friends and know which ways I prefer.	To explain how my body has changed since I was a baby.

Week 4 Aim	To know my views are valued.	To know who to talk to if I was unhappy or being bullied.	To tackle a new challenge and understand how this might stretch my learning.	To understand that machines can help me to be healthy. To know how to use them correctly.	To know who can help me in my school community.	Identify the parts of the body that make boys different to girls. To use the correct vocabulary for these body parts.
Week 5 Aim	To recognise the choices I make and understand the consequences.	To understand how to make friends.	To identify obstacles which might make it more difficult to achieve my challenge and work out a way to overcome them.	To know how to keep safe when crossing a road and think about who can help me to keep safe.	Recognise my qualities as a person and a friend.	Understand that every time I learn something new I change a little bit.
Week 6 Aim	To understand the rights and responsibilities within the learning charter.	To identify ways that I am different to my friends.	To explain how I felt when I succeeded in a new challenge and tell how I celebrated.	To explain why my body is amazing and identify ways to keep it safe and healthy.	Explain why I appreciate someone who is close to me.	To tell you about changes that have happened in my life.
Additional learning days/events		<u>Parent Christmas Workshop</u> Bring in a parent to create a special memory.		<u>Class Challenge</u> Soup Sharing competition Class will create a healthy soup to share with the school.	<u>Feeling Good Week</u> Charity Event	
Reception	<u>Puzzle Piece 1</u> Being me in my world.	<u>Puzzle Piece 2</u> Celebrating Differences	<u>Puzzle Piece 3</u> Dreams and Goals	<u>Puzzle Piece 4</u> Healthy Me	<u>Puzzle Piece 5</u> Relationships	<u>Puzzle Piece 6</u> Changing me
Week 1 Aim						
Week 2 Aim						
Week 3 Aim						
Week 4 Aim						

Week 5 Aim						
Week 6 Aim						