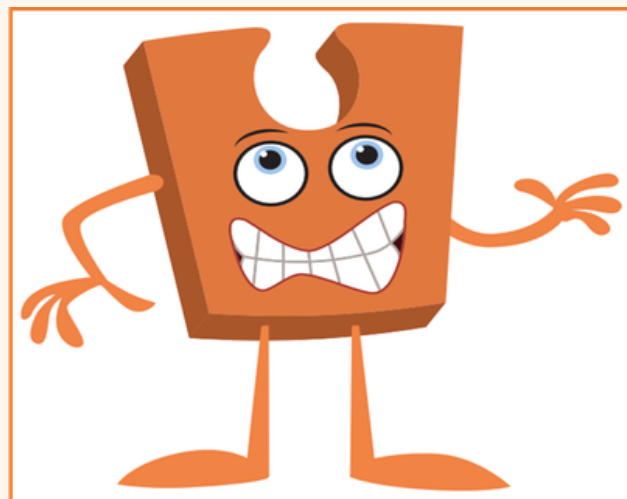


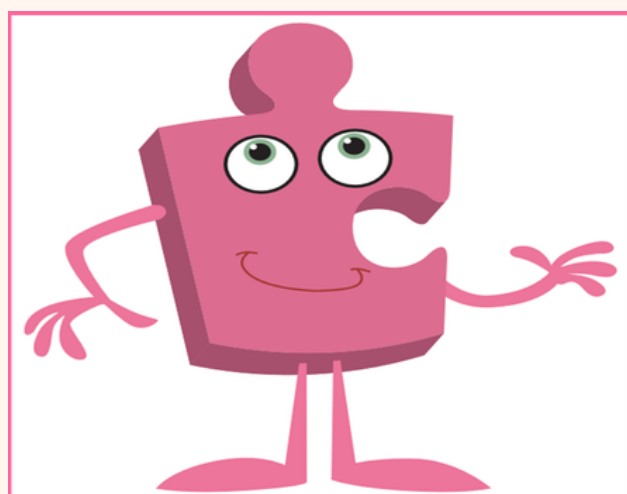
Autumn 1



Being Me in My World

This covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community. It also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.

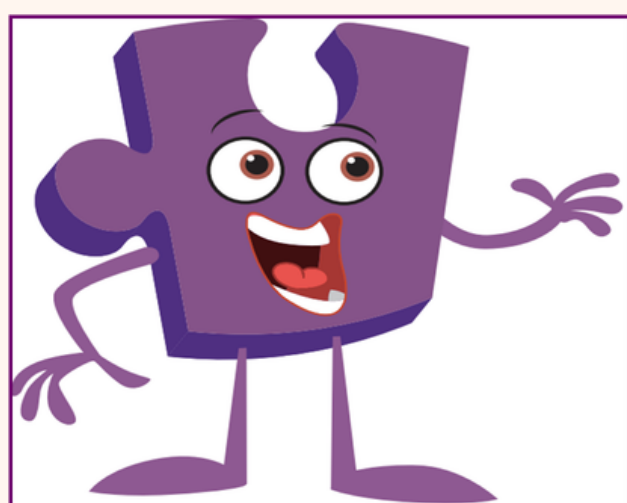
Autumn 2



Celebrating Difference

This focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and most year groups explore the concept of 'normality'. Anti-bullying, including online and homophobic bullying, is an important aspect of this Puzzle.

Spring 1



Dreams and Goals

This aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, using team-work skills and tasks. There is also a focus on enterprise and fundraising and financial education. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.

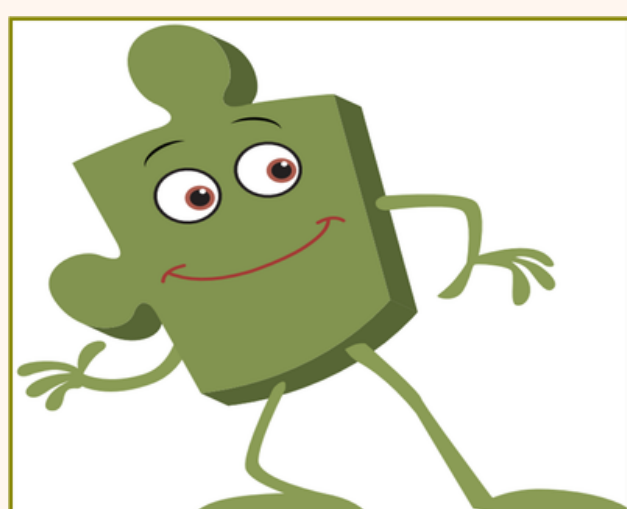
Spring 2



Healthy Me

This starts with building a respectful relationship with self and covers topics including families, friendships, pets, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe, including online safety and navigating social media. Children learn to recognise healthy and unhealthy relationships, understand when and how to seek help, and build confidence to speak up if something doesn't feel right. They develop skills to deal with conflict, build assertiveness, and identify their own strengths and strategies for building self-esteem and resilience. They explore roles and responsibilities in families and friendship groups, and consider stereotypes.

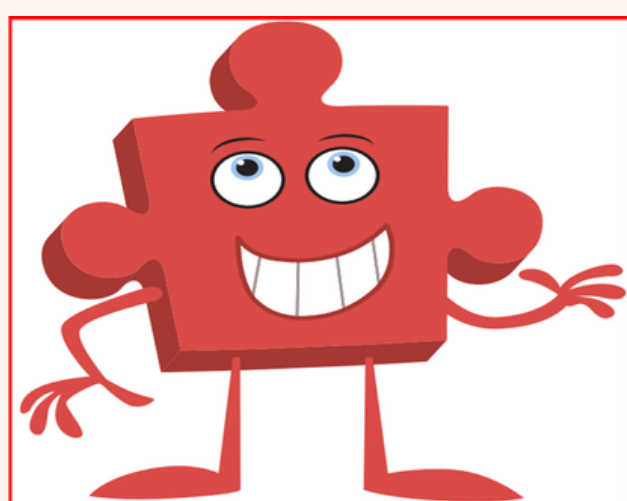
Summer 1



Relationships

This starts with building a respectful relationship with self and covers topics including families, friendships, pets, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe, including online safety and navigating social media. Children learn to recognise healthy and unhealthy relationships, understand when and how to seek help, and build confidence to speak up if something doesn't feel right. They develop skills to deal with conflict, build assertiveness, and identify their own strengths and strategies for building self-esteem and resilience. They explore roles and responsibilities in families and friendship groups, and consider stereotypes.

Summer 2



Changing Me

This deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Children learn to recognise when something doesn't feel right and understand how to get help and support. Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes. Human reproduction (sex education) is taught in Year 5 and Year 6 at the school's discretion.