

PSHE and Relationships Skills Coverage and Progression



The Jigsaw Programme of Study used at Southwold Primary School is based on six core themes which show clear progression between year groups. These are:

Being me in my world
Celebrating Differences
Dreams and Goals
Healthy Me
Relationships
Changing Me

Nursery and Reception

Children will show the following skills:

Self-Regulation

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Managing Self

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Building Relationships

- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and to others' needs.

Key vocabulary

Rules. Special, People, Friend, Money, Feelings, Happy, unhappy, sad, right, wrong, Healthy, unhealthy, Exercise like, dislike.

Y1/2

Healthy Me, Relationships, Changing Me

Children know how/understand/can say

- what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health
- to recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences
- to think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals
- about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings
- about change and loss and the associated feelings (including moving home, losing toys, pets or friends)
- the importance of, and how to, maintain personal hygiene
- how some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading

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- about the process of growing from young to old and how people's needs change about growing and changing and new opportunities and responsibilities that increasing independence may bring
- the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls
- that household products, including medicines, can be harmful if not used properly
- rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety
- about people who look after them, their family networks, who to go to if they are worried and how to attract their attention
- about the ways that pupils can help the people who look after them to more easily protect them
- to recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets
- what is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy.

Being me in my world

Children know how/understand/can say

- to communicate their feelings to others, to recognise how others show feelings and how to respond
- to recognise that their behaviour can affect other people
- the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid
- to recognise what is fair and unfair, kind and unkind, what is right and wrong
- to share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class
- to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation)
- to offer constructive support and feedback to others
- to identify and respect the differences and similarities between people
- to identify their special people (family, friends, carers), what makes them special and how special people should care for one another
- to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)
- that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)
- to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say
- to recognise different types of teasing and bullying, to understand that these are wrong and unacceptable
- strategies to resist teasing or bullying, if they experience or witness it, whom to go to and how to get help

Celebrating Differences, Dreams and Goals

Children know how/understand/can say

- how they can contribute to the life of the classroom and school

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- to help construct, and agree to follow, group, class and school rules and to understand how these rules help them
- that people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed)
- that they belong to different groups and communities such as family and school
- what improves and harms their local, natural and built environments and develop strategies and skills needed to care for these (including conserving energy)
- that money comes from different sources and can be used for different purposes, including the concepts of spending and saving
- about the role money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those choices
- ways in which they are all unique; understand that there has never been and will never be another 'them'
- ways in which we are the same as all other people; what we have in common with everyone else
- about the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency.

Key vocabulary

Special Safe Community Consequences Rewards	Similarities Differences Bullying Celebrating	Success Achievement	Medicine Road safety	Belonging Physical contact Preferences Celebrations	Lifecycles (animal/human) Male Female Changes
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Y3/4

Healthy Me, Relationships, Changing Me

Children know how/understand/can say

- what positively and negatively affects their physical, mental and emotional health
- how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'
- to recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet
- to recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves
- to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals
- to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others
- to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these
- about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement
- to differentiate between the terms, 'risk', 'danger' and 'hazard'
- to recognise, predict and assess risks in different situations and decide how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience

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- to recognise how their increasing independence brings increased responsibility to keep themselves and others safe
- that bacteria and viruses can affect health and that following simple routines can reduce their spread.

Being me in my world

Children know how/understand/can say

- to recognise and respond appropriately to a wider range of feelings in others
- to recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships
- to recognise ways in which a relationship can be unhealthy and whom to talk to if they need support
- to recognise different types of relationship, including those between acquaintances, friends, relatives and families
- that civil partnerships and marriage are examples of a public demonstration of the commitment made between two people who love and care for each other and want to spend their lives together and who are of the legal age to make that commitment
- that marriage is a commitment freely entered into by both people, that no one should marry if they don't absolutely want to do so or are not making this decision freely for themselves
- that their actions affect themselves and others
- to judge what kind of physical contact is acceptable or unacceptable and how to respond
- the concept of 'keeping something confidential or secret', when they should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'
- to listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge others' points of view
- to work collaboratively towards shared goals

Celebrating Differences, Dreams and Goals

Children know how/understand/can say

- to research, discuss and debate topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people
- why and how rules and laws that protect them and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules
- to understand that there are basic human rights shared by all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child
- that these universal rights are there to protect everyone and have primacy both over national law and family and community practices
- to know that there are some cultural practices which are against British law and universal human rights, such as female genital mutilation (FGM)
- to realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities; to develop strategies for getting support for themselves or for others at risk
- that they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment; to continue to develop the skills to exercise these responsibilities
- to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices

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- what being part of a community means, and about the varied institutions that support communities locally and nationally.

Key vocabulary

Goals	Diverse families	Ambitions	Food	Roles	Internal
Self-worth	families	Enthusiasm	Healthy choices	Negotiation	External
Positivity	Family conflict	Managing feelings	Friendship	Diverse lives	Needs
Challenges	Child-centred	Budgeting		Impact	Puberty
Perspectives	Compliments				Menstruation
	Witness				Reproduction
	Solutions				Penis
					Vagina

Y5/6

Healthy Me, Relationships, Changing Me

Children know how/understand/can say

- how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media
- to recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong
- school rules about health and safety, basic emergency aid procedures, where and how to get help
- what is meant by the term 'habit' and why habits can be hard to change
- which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others
- how their body will, and their emotions may, change as they approach and move through puberty
- about human reproduction
- about taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact; understanding that actions such as female genital mutilation (FGM) constitute abuse and are a crime, and develop the skills and strategies required to get support if they have fears for themselves or their peers
- strategies for keeping physically and emotionally safe including road safety (including cycle safety – the Bikeability programme), and safety in the environment (including rail, water and fire safety)
- strategies for keeping safe online; the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others
- about people who are responsible for helping them stay healthy and safe; how they can help these people to keep them healthy and safe
- the responsible use of mobile phones: safe keeping (looking after it) and safe user habits (time limits, use of passcode, turning it off at night etc.)
- how to manage requests for images of themselves or others; what is and is not appropriate to ask for or share; who to talk to if they feel uncomfortable or are concerned by such a request.



Being me in my world

Children know how/understand/can say

- to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves
- that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation, and disability (see 'protected characteristics' in the Equality Act 2010)
- to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, 'trolling', how to respond and ask for help)
- to recognise and manage 'dares'
- to recognise and challenge stereotypes about the difference between, and the terms associated with, sex, gender identity and sexual orientation
- how to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person, online and through social media)
- that two people who love and care for one another can be in a committed relationship and not be married or in a civil partnership
- that forcing anyone to marry is a crime; that support is available to protect and prevent people from being forced into marriage and to know how to get support for themselves or others
- to understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy.

Celebrating Differences, Dreams and Goals

Children know how/understand/can say

- to recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing
- to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom
- to consider the lives of people living in other places, and people with different values
- about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer
- to develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT)
- that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment across the world
- what is meant by enterprise and begin to develop enterprise skills
- to explore and critique how the media present information
- to critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to others.

Key Vocabulary

Goals	Diverse families	Ambitions	Food	Roles	Puberty
Self-worth	Family conflict	Enthusiasm	Healthy choices	Negotiation	Menstruation
Positivity		Managing	Friendship	Cyber-bullying	Reproduction
					Penis

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Challenges Perspectives	Compliments Solutions	feelings Budgeting		Online safety	Vagina Pregnancy Labour
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