

PSHE – Concept Map

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|  | Early Years | Year 1&2 | Year 3&4 | Year 5&6 |
| **Me in my world (Jigsaw)** | - knowing right from wrong  - 3 P’s  (School rules)  - Helping each other | - Rules – rights and wrongs, knowing that you choose your behaviour.  - 3 P’s in more detail.  (school rules)  - Working together to make decisions - teamwork | - In society - Rules, rights and wrongs, understanding rewards and consequences.  - Being a positive citizen  Democracy – voting/making your own decisions | - World wide - Rules, rights and wrongs, understanding rewards and consequences. (unicef/rights for every child)  - Impact of behaviour on others  - Democracy |
| **Celebrating differences (Jigsaw)** | - Knowing what difference means within friends.  - Recognising some differences  - Using kindness with others. | - Recognising differences between faiths/people/families  - Treating people with respect | - How to include everyone and be inclusive  - Recognise and celebrate differences, acceptance to differences.  - What to do if unsocial behaviour occurs. | - Recognising vulnerable groups and how they may be treated different.  - Being tolerant to others.  - Discussion around discrimination  - Bullying |
| **Heathy me (Jigsaw)** | - Safety – roads/out and about  - E-safety  -Healthy choices with food and drinks.  - Discussing feelings and words | - Safety – strangers/out and about/at home  - E-safety  - Building resilience, dealing with a range of emotions appropriately.  - How your actions/words can hurt others.  - Healthy choices – food groups and changing snacks.  - Feelings, what to do if something is worrying/hard. | - Safety – travelling/water/railway  - E-safety  - Smoking and alcohol – impacts on health. Medicines/prescriptions.  - Healthy plate – NHS snack swap.  - Recognising feelings, ways to improve your on feelings. | - Keeping yourself self at home/trams  - E-safety  - Drugs and alcohol – social pressures, finance/family impacts on health.  - How a balanced diet and exercise impacts your lifestyle and mental health.  - Mental health, how to deal with stress and anxiety |
| **Relationships (Jigsaw)** | - Sharing items and being kind towards others.  - Importance of using manners  - Helping self and others when upset. | - Healthy friendships  - Being part of a group  - How to solve problems | - Recognise what makes a good relationship.  - How to maintain relationships/friendships. | - Recognising safe relationships  - Online safety/relationships  - Bullying  - Know how and where to get support if an online relationship goes wrong |
| **Changing me (SRE)** | - Why hygiene is important, washing hands, flushing the toilet, showing and clean clothes.  - Recognise that all families are made up different. | - Understanding basic hygiene  - Know the difference between boys and girls  - Know that babies become children and then adults | - Know some differences between males and females. (yr3)  - Consider touch and the right to say no  - Understand personal space (yr3)  - Main stages of lifecycle (yr4  - Know some changes which happen during puberty (yr4)  - Know that physical and emotional changes happen during puberty (yr4) | - Explain the physical and emotional changes that happen during puberty (yr5)  - Understand how puberty affects the reproductive organs. (yr5)  - Know how to keep clean during puberty and where to get support. (yr5)  - Describe the changes the body goes through during puberty. (yr6)  - Discuss different types of adult relationships (yr6)  - Know what form of touch is appropriate (yr6)  - Describe the decisions that have to be made before having a baby (yr6)  - Know some basic facts about pregnancy (yr6)  - Appropriateness of sharing personal/private information (yr6) |
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