

PSHE – Concept Map

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 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 citizenDemocracy – 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) |
|  |  |  |  |  |