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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2  | Summer 1  | Summer 2  |
| Jigsaw  | Being Me in My World  | Celebrating Difference | Dreams & Goals | Healthy Me  | Relationships | Changing Me  |
| EYFS | Recognising and managing their feelings.  | Understanding that everyone is good at different things.  | Discuss not giving up and trying until they achieve their goal. | Learn about their bodies.  | Key relationships in their lives.  | Understanding that change can bring about positive and negative feelings.  |
| Year 1 | PM Unit 1.1 Online Safety (4)Discuss rights and responsibilities and choices and consequences.  | Explore similarities and differences between people and how these make us unique. | Setting simple goals and how to achieve them. | Explore hygiene and keeping themselves clean.  | Consider their own significant relationships.  | PM Unit 1.9 Technology outside school (2)Pupils are taught the correct words for private parts and that nobody has the right to hurt them.  |
| Year 2  | Recognising when they should ask for help and who.  | PM Unit 2.2 Online Safety (3)Explore that boys and girls have differences and similarities and that is OK.  | Discuss perseverance when they find things difficult.  | PM Unit 2.5 Effective Searching (3) Consider what makes them feel relaxed and stressed.  | They learn about two types of secrets and why worry secrets should always be shared with a trusted adult.  | Pupils are re-taught the correct words for private parts and reminded that nobody has the right to hurt them. |
| Year 3  | Recognise their self- worth.  | PM Unit 3.2 Online Safety (3)Learn about families and that they are all different.  | Identify their own dreams and ambitions.  | PM Unit 3.5 Email Safety (6)Learn about different types of drugs.  | Online relationships through games and apps are explored.  | Children discuss how they feel about puberty.  |
| Year 4 | Talk about attitudes and actions and their effect on the whole class.  | PM Unit 4.2 Online Safety (4)The concept of judging people by their appearance or first impressions.  | How to cope with feelings of disappointment.  | Learn about peer pressure and how to deal with it successfully.  | Focus on emotional aspects of relationships and friendships.  | Explore feelings related to change and how to manage these.  |
| Year 5 | Learn about their own behaviour and its impact on a group.  | PM Unit 5.2 Online Safety (3)Explore culture and cultural differences.  | Compare their own dreams and goals to children in different cultures.  | Explore negative body image pressures.  | Learn about the importance of self-esteem and ways this can be boosted.  | Children re-visit self-esteem, self-image, and body image.  |
| Year 6  | To set goals and discuss their fears and worries about the future.  | PM Unit 6.2 Online Safety (2)Discuss that for some people, being different is difficult. | Working on giving praise and compliments to others.  | Taking responsibility for their own physical and mental health.  | How to take care of their own mental well-being.  | Learning about different relationships and the importance of mutual respect.  |