Brookside Primary School Curriculum Knowledge Map						
PSHE following Jigsaw						
Subject	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer2**
Key Stage 1						
	Being me in my World	**Celebrating Differences**	**Dreams and Goals**	**Healthy Me**	**Relationships**	**Changing Me**
Year 1/2 A	*Feeling special and safe *Being part of a class *Rights and responsibilities *Rewards and feeling proud *Consequences *Owning the earning Charter	*Similarities and differences *Understanding bullying and knowing how to deal with it *Making new friends *Celebrating the differences in everyone	*Setting goals *Identifying successes and achievements *Learning styles *Working well and celebrating achievement with a partner *Tackling new challenges *Identifying and overcoming obstacles *Feelings of success	*Keeping myself healthy *Healthier lifestyle choices *Keeping clean *Being safe *Medicine safety/safety with household items *Road safety *Linking health and happiness	*Belonging to a family *Making friends/being a good friend *Physical contact preferences *People who help us *Qualities as a friend and person *Self-acknowledgement *Being a good friend to myself *Celebrating special relationships	*Life cycles – animal and human *Changes in me *Changes since being a baby *Differences between female and male bodies (correct terminology) *Linking growing and learning *Coping with change *Transition
Year 1/2 B	*Hopes and fears for the year *Rights and responsibilities *Rewards and consequences *Safe and fair learning environment *Valuing contributions *Choices *Recognising feelings	*Assumptions and stereotypes about gender *Understanding bullying *Standing up for self and others *Making new friends *Gender diversity *Celebrating difference and remaining friends	*Achieving realistic goals *Perseverance Learning strengths *Learning with others *Group co-operation *Contributing to and sharing success	*Motivation *Healthier choices *Relaxation *Healthy eating and nutrition *Healthier snacks and sharing food	*Different types of family *Physical contact boundaries *Friendship and conflict *Secrets *Trust and appreciation *Expressing appreciation for special relationships	*Life cycles in nature *Growing from young to old *Increasing independence *Differences in female and male bodies (correct terminology) *Assertiveness *Preparing for transition
Year 3/4 A	*Setting personal goals *Self-identity and worth Positivity in challenges *Rules, rights and responsibilities *Rewards and consequences *Responsible choices *Seeing things from others' perspectives	*Families and their differences *Family conflict and how to manage it (child-centred) *Witnessing bullying and how to solve it *Recognising how words can be hurtful *Giving and receiving compliments	*Difficult challenges and achieving success *Dreams and ambitions *New challenges *Motivation and enthusiasm *Recognising and trying to overcome obstacles *Evaluating learning processes *Managing feelings *Simple budgeting	*Exercise *Fitness challenges *Food labelling and healthy swaps *Attitudes towards drugs *Keeping safe and why it's important online and off-line scenarios *Respect for myself and others *Healthy and safe choices	*Family roles and responsibilities *Friendship and negotiation *Keeping safe online and who to go to for help *Being a global citizen *Being aware of how my choices affect others *Awareness of how other children have different lives *Expressing appreciation for family and friends	*How babies grow *Understanding a baby's needs *Outside body changes *Inside body changes *Family stereotypes *Challenging my ideas *Preparing for transition

Year 3/4 B	*Being part of a class team *Being a school citizen *Rights, responsibilities and democracy (school council) *Rewards and consequences *Group decision making *Having a voice *What motivates behaviour	*Challenging assumptions *Judging by appearance *Accepting self and others *Understanding influences *Understanding bullying *Problem-solving *Identifying how special and unique everyone is *First impressions	*Hopes and dreams *Overcoming disappointment *Creating new, realistic dreams Achieving goals *Working in a group *Celebrating contributions *Resilience *Positive attitudes	*Healthier friendships *Group dynamics *Smoking *Alcohol *Assertiveness *Peer pressure *Celebrating inner strength	*Jealousy *Love and loss *Memories of loved ones *Getting on and Falling Out *Girlfriends and boyfriends *Showing appreciation to people and animals	*Being unique *Having a baby *Girls and puberty *Confidence in change *Accepting change *Preparing for transition *Environmental change
Year 5/6 A	*Planning the forthcoming year *Being a citizen *Rights and responsibilities Rewards and consequences *How behaviour affects groups *Democracy, having a voice, & participating.	*Cultural differences and how they can cause conflict *Racism *Rumours and name-calling *Types of bullying *Material wealth and happiness *Enjoying and respecting other cultures	*Future dreams *The importance of money *Jobs and careers *Dream job and how to get there *Goals in different cultures Supporting others (charity) *Motivation	*Smoking, including vaping *Alcohol *Alcohol and anti-social behaviour *Emergency aid *Body image *Relationships with food *Healthy choices *Motivation and behaviour	*Self-recognition and self-worth *Building self-esteem *Safer online communities *Rights and responsibilities online *Online gaming and gambling *Reducing screen time *Dangers of online grooming *SMARRT internet safety rules	*Self- and body image *Influence of online and media on body image *Puberty for girls *Puberty for boys *Conception (including IVF) *Growing responsibility *Coping with change *Preparing for transition
Year 5/6 B	*Identifying goals for the year *Global citizenship *Children's universal rights *Feeling welcome and valued *Choices, consequences and rewards *Group dynamics *Democracy, having a voice *Anti-social behaviour *Role-modelling	*Perceptions of normality *Understanding disability *Power struggles *Understanding bullying *Inclusion/exclusion *Differences as conflict, difference as celebration *Empathy	*Personal learning goals, in and out of school *Success criteria *Emotions in success *Making a difference in the world *Motivation *Recognising achievements *Compliments	*Taking personal responsibility *How substances affect the body *Exploitation, including 'county lines' and gang culture *Emotional and mental health *Managing stress	*Mental health *Identifying mental health worries and sources of support *Love and loss *Managing feelings *Power and control *Assertiveness *Technology safety *Take responsibility with technology use	*Self-image Body image *Puberty and feelings *Conception to birth *Reflections about change *Physical attraction *Respect and consent *Boyfriends/girlfriends *Sexting Transition