

PSHE JIGSAW PROGRESSION MAP

Cycle 1	EYFS	KS1	LKS2	UKS2
Autumn 1	<p><u>Being me in my World</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p> <p><u>Vocabulary</u> Unique, same, different, feelings, happy, sad, together, team work, tidying, school, gentle hands, apologising, rights, rules, responsible.</p>	<p><u>Being me in my World</u> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter</p> <p><u>Vocabulary</u> Safe, special, calm, belonging, rights, responsibilities, learning charter, rewards, proud, consequences, upset, disappointed, illustrations</p>	<p><u>Being me in my World</u> Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p> <p><u>Vocabulary</u> Valued, achievements, proud, pleased, personal goal, praise, acknowledge, affirm, emotions, feelings, nightmare, fears, worries, solutions, support, dream, behaviour, actions, feelings, fairness, choices, cooperate, rights, challenge, group dynamics, view point, belong</p>	<p><u>Being me in my World</u> Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p> <p><u>Vocabulary</u> Education, appreciation, opportunities, goals, motivation, vision, hopes, challenges, rights, responsibilities, citizen, denied, empathise, refugee, persecution, conflict, asylum, migrant, wealth, poverty, prejudice, privilege, deprive, consequences, cooperation, collaboration, motivation</p>
Autumn 2	<p><u>Celebrating Difference</u> Identifying talents Being special Families Where we</p>	<p><u>Being me in my World</u> Hopes and fears for the year Rights and responsibilities</p>	<p><u>Being me in my World</u> Being part of a class team Being a school citizen Rights,</p>	<p><u>Being me in my World</u> Identifying goals for the year Global citizenship Children's</p>

	<p>live Making friends Standing up for yourself</p> <p><u>Vocabulary</u> Special, unique, friends, same, different, family, house, home, friendships, feelings, kind, unkind.</p>	<p>Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings</p> <p><u>Vocabulary</u> Worries, hopes, fears, belonging, rights, responsibilities, actions, praise, reward, consequence, positive, negative, choices, co-operate, learning charter, problem solving.</p>	<p>responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour</p> <p><u>Vocabulary</u> Included, excluded, welcome, valued, team, charter, role, school community, democracy, consequence, democratic, decisions, voting, authority, role, contribution, observer, decisions, choices</p>	<p>universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p> <p><u>Vocabulary</u> Goals, worries, fears, value, welcome, choice, Ghana, Cocoa plantation, machete, rights, community, education, wants, needs, Maslow, empathy, comparison, behaviour, obstacles, cooperation, collaboration, legal, illegal, lawful, laws, democracy, decision, proud</p>
<p>Spring 1</p>	<p><u>Dreams and Goals</u> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p> <p><u>Vocabulary</u> Goal, giving up, achieve, kind words, encourage, make something better, jobs, future, dream.</p>	<p><u>Celebrating Difference</u> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone</p> <p><u>Vocabulary</u> Same as, similarity, different from, difference, bullying, deliberate, on purpose,</p>	<p><u>Celebrating Difference</u> 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</p> <p><u>Vocabulary</u> Family, loving, caring, safe, connected, difference, special,</p>	<p><u>Celebrating Difference</u> 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</p> <p><u>Vocabulary</u> Culture, conflict, difference, similarity, belong, culture wheel, racism, colour, race,</p>

		<p>unfair, included, bully, celebration, difference, special, unique</p>	<p>family, conflict, solutions, resolve, witness, bullying, gay, unkind, feelings, tell, consequences, hurtful, compliment, special, unique, difference, similarity</p>	<p>discrimination, ribbon, bullying, rumour, racist, homophobic, cyber bullying, bullying, indirect, direct, difference, continuum, developing world, celebration, artefacts</p>
<p>Spring 2</p>	<p><u>Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p> <p><u>Vocabulary</u> Healthy, exercise, healthy food, unhealthy food, eating, choices, sport, arms, legs, elbows, knees, wrists, ankles, shoulders, bodies, sleep, dreams, bedtime, wash, clean, hands, strangers, danger</p>	<p><u>Celebrating Difference</u> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends</p> <p><u>Vocabulary</u> Boys, girls, similarities, assumptions, shield, stereotypes, special, bully, purpose, difference, kind, unkind, feelings, sad, lonely, help, stand up for</p>	<p><u>Celebrating Difference</u> Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p> <p><u>Vocabulary</u> Assumption, judgement, surprise, different, appearance, accept, influence, opinion, attitude, judgement, bullying, friend, secret, deliberate, bystander, witness, cyber bullying, troll, special, unique, different, characteristics, physical features</p>	<p><u>Celebrating Difference</u> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p> <p><u>Vocabulary</u> Normal, ability, disability, visual impairment, empathy, perception, medication, vision, blind, male, female, diversity, transgender, gender, courage, fairness, rights, power, struggle, imbalance, control, harassment, bullying, direct, indirect, argument, recipient, achievement, accolade, disability, sport, perseverance, admiration, stamina, celebration, difference, conflict</p>

<p>Summer 1</p>	<p><u>Relationships</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p> <p><u>Vocabulary</u> Family, jobs, friends, lonely, feelings, relationships, solve problems, falling-out, angry, unkind words, calm me time, good friend.</p>	<p><u>Changing Me</u> 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</p> <p><u>Vocabulary</u> Changes, life cycle, baby, adulthood, grown up, mature, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, feelings, anxious, worries, excited, coping</p>	<p><u>Changing Me</u> How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p> <p><u>Vocabulary</u> Changes, birth, animals, babies, mother, growing up, uterus, womb, nutrients, survive, love, affection, puberty, control, testicles, sperm, penis, ovaries, egg, vagina, stereotypes, task, roles, challenges, anxious, nervous, happy</p>	<p><u>Changing Me</u> 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</p> <p><u>Vocabulary</u> Self, self-image, body image, self-esteem, perception, characteristics, aspects, affirmation, Puberty, Menstruation, Periods, Sanitary towels, Sanitary pads, Tampons, Ovary/ Ovaries, Vagina, Oestrogen, Vulva, Womb/Uterus, sperm, semen, testicles, erection, ejaculation, facial hair, growth spurt, hormones, relationships, conception, sexual intercourse, fallopian tube, fertilisation, pregnancy, embryo, umbilical cord, contraception, fertility treatment (IVF), teenager, milestone, change, hope, manage, opportunities,</p>

				emotions, fear, anxious, excitement.
Summer 2	<p><u>Changing Me</u> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p> <p><u>Vocabulary</u> Body parts, senses, healthy, happy, unhealthy, food, feelings, babies, adults, changing, fears, excited, nervous, scared, worries, moving into Year 1, memories, achievements.</p>	<p><u>Changing Me</u> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p> <p><u>Vocabulary</u> Change, grow, life cycle, control, baby, adult, fully grown, growing up, old, young, change, respect, appearance, physical, baby, toddler, child, teenager, adult, independent, timeline, freedom, responsibilities, male, female, vagina, penis, testicles, vulva, anus, public, private, touch, texture, cuddle, hug, squeeze, like, dislike, acceptable, unacceptable, comfortable, uncomfortable, looking forward, excited, nervous, anxious, happy.</p>	<p><u>Changing Me</u> Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p> <p><u>Vocabulary</u> Personal, unique, characteristics, parents, sperm, egg, penis, testicles, vagina, womb, ovaries, sex, sexual intercourse, fertilise, conception, puberty, menstruation, periods, seasons, change, control, emotions, acceptance, excited, nervous, anxious, happy.</p>	<p><u>Changing Me</u> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p> <p><u>Vocabulary</u> Self-image, self-esteem, real self, celebrity, opportunities, freedom, puberty, Menstruation, Periods, Sanitary towels, Sanitary pads, Tampons, Ovary/Ovaries, Vagina, Oestrogen, Vulva, Womb/Uterus, sperm, semen, testicles, erection, ejaculation, facial hair, pregnancy, embryo, placenta, umbilical cord, labour, contractions, cervix, midwife, attraction, relationship, pressure, love, sexting, negative body-talk, choice, feelings/emotions, challenge, mental health</p>

Cycle 2	EYFS	KS1	LKS2	UKS2
Autumn 1	<p><u>Being me in my World</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p> <p><u>Vocabulary</u> Unique, same, different, feelings, happy, sad, together, team work, tidying, school, gentle hands, apologising, rights, rules, responsible.</p>	<p><u>Dreams and Goals</u> 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</p> <p><u>Vocabulary</u> Proud, success, achievement, goal, treasure, learning, process, garden, dreams, working together, team work, celebrate, challenge, feelings, obstacle, overcome, achieve, success, celebration, dreams</p>	<p><u>Dreams and Goals</u> 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</p> <p><u>Vocabulary</u> Perseverance, challenges, success, obstacles, dreams, goals, ambitions, future, aspirations, team work, enterprise, design, cooperation, strengths, motivation, enthusiastic, efficient, responsible, obstacles, frustration, solution, learning, strengths, success, celebrate, evaluate .</p>	<p><u>Dreams and Goals</u> Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p> <p><u>Vocabulary</u> dream, hope, goal , feeling, achievement, money, grown up, adult, lifestyle, job, career, profession, money, salary, contribution, society, determination, perseverance, motivation, aspiration, culture, country, culture, sponsorship, communication, support, team work, cooperation, difference.</p>
Autumn 2	<p><u>Celebrating Difference</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p><u>Dreams and Goals</u> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation</p>	<p><u>Dreams and Goals</u> Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating</p>	<p><u>Dreams and Goals</u> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world</p>

	<p><u>Vocabulary</u> Special, unique, friends, same, different, family, house, home, friendships, feelings, kind, unkind.</p>	<p>Contributing to and sharing success</p> <p><u>Vocabulary</u> Realistic, proud, success, celebrate, achievement, goal, strengths, persevere, challenge, difficult, easy, partner, teamwork, learning together, problem-solve, dream.</p>	<p>contributions Resilience Positive attitudes</p> <p><u>Vocabulary</u> Dream, hope, goal, determination, perseverance, resilience, positive attitude, disappointment, fears, hurt, plans, cope, help, self-belief, motivation, commitment, team work, enterprise, design, cooperation, strengths, success, celebrate</p>	<p>Motivation Recognising achievements Compliments</p> <p><u>Vocabulary</u> Dream, hope, goal, learning, strengths, stretch, achievement, personal, realistic, unrealistic, success, criteria, learning steps, money, global, issue, suffering, concern, hardship, sponsorship, empathy, motivation, admire, respect, praise, compliment, contribution, recognition.</p>
<p>Spring 1</p>	<p>Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p> <p><u>Vocabulary</u> Goal, giving up, achieve, kind words, encourage, make something better, jobs, future, dream.</p>	<p>Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness</p> <p><u>Vocabulary</u> Healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, hygienic, safe, medicines, trust, safe, green cross code, ears, eyes, look, listen, wait.</p>	<p>Healthy Me 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</p> <p><u>Vocabulary</u> Oxygen, energy, calories, heartbeat, lungs, heart, fitness, labels, sugar, fat, saturated fat, healthy, drugs, attitude, safe, anxious, scared, strategy, advice, harmful, risk, feelings,</p>	<p>Healthy Me Smoking, including vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p> <p><u>Vocabulary</u> Choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, media, influence, emergency, procedure, recovery position, calm, level-headed, body image, social media, celebrity, altered, self-respect, comparison, body image, eating problem, eating</p>

			complex, appreciate, body, choice.	disorder, respect, pressure, opinion, fact, choices, healthy lifestyles, motivation.
Spring 2	<p><u>Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p> <p><u>Vocabulary</u> Healthy, exercise, healthy food, unhealthy food, eating, choices, sport, arms, legs, elbows, knees, wrists, ankles, shoulders, bodies, sleep, dreams, bedtime, wash, clean, hands, strangers, danger</p>	<p><u>Healthy Me</u> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p> <p><u>Vocabulary</u> Healthy choices, lifestyles, motivation, relax, tense, calm, healthy, unhealthy, dangerous, medicines, safe, body, balanced diet, portion, proportion, energy, fuel, nutritious.</p>	<p><u>Healthy Me</u> Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p> <p><u>Vocabulary</u> Friendship, emotions, healthy, relationships, friendship groups, value, roles, leader, follower, assertive, agree, disagree, smoking, pressure, peers, guilt, advice, alcohol, liver, disease, anxiety, fear, believe, opinion.</p>	<p><u>Healthy Me</u> Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p> <p><u>Vocabulary</u> Responsibility, choice, immunisation, prevention, drugs, effects, motivation, prescribed, unrestricted, over-the-counter, restricted, illegal, volatile substances, 'legal highs', exploited, vulnerable, drugs, criminal, gangs, pressure, strategies, reputation, anti-social behaviour, crime, mental health, emotional health, mental illness, symptoms, stress, triggers, managing stress, pressure.</p>
Summer 1	<p><u>Relationships</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p>	<p><u>Relationships</u> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities</p>	<p><u>Relationships</u> Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global</p>	<p><u>Relationships</u> Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online</p>

	<p><u>Vocabulary</u> Family, jobs, friends, lonely, feelings, relationships, solve problems, falling-out, angry, unkind words, calm me time, good friend.</p>	<p>as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships</p> <p><u>Vocabulary</u> Family, belong, different, same, friends, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, community, feelings, confidence, praise, skills, self-belief, proud, special, relationships, feelings,</p>	<p>citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p> <p><u>Vocabulary</u> Men, women, male, female, unisex, role, job, responsibilities, differences, similarities, respect, stereotypes, conflict, solution, problem solving, friendship, safe, unsafe, risk, internet, social media, private messaging, gaming, global, communications, transport, interconnected, food journey, climate, trade, inequality, needs, wants, rights, deprivation, equality, United Nations, justice, happiness, celebrating, relationships, friendships, family, thank you, appreciation.</p>	<p>gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules</p> <p><u>Vocabulary</u> Characteristics, personal qualities, attributes, self-esteem, responsibility, age-limit, social network, community, online, off line, rights, risky, community, violence, appropriate, grooming, trolled, gambling, trustworthy, devices, screen time, mental health, physical health, personal information, choices, vulnerable.</p>
<p>Summer 2</p>	<p><u>Changing Me</u> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>	<p><u>Relationships</u> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing</p>	<p><u>Relationships</u> Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing</p>	<p><u>Relationships</u> Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness</p>

	<p><u>Vocabulary</u> Body parts, senses, healthy, happy, unhealthy, food, feelings, babies, adults, changing, fears, excited, nervous, scared, worries, moving into Year 1, memories, achievements.</p>	<p>appreciation for special relationships</p> <p><u>Vocabulary</u> Family, different, similarities, special, relationship, important, cooperate, touch, communication, like, dislike, acceptable, friends, conflict, point of view, problem solving, secret, surprise, telling, adult, trust, surprised, happy, sad, frightened, trustworthy, honesty, reliability, compliments, celebrate, positive, negative, appreciate.</p>	<p>appreciation to people and animals</p> <p><u>Vocabulary</u> Relationship, close, jealousy, problem-solve, emotions, positive, negative, loss, strategy, shock, disbelief, numb, denial, anger, guilt, sadness, pain, despair, hopelessness, relief, acceptance, depression, memento, memorial, loss, memories, special, remember, boyfriend, girlfriend, attraction, pressure, personal, comfortable, special, love, appreciation, symbol, care</p>	<p>Technology safety Take responsibility with technology use</p> <p><u>Vocabulary</u> Mental health, ashamed, stigma, stress, anxiety, support, warning, self-harm, emotions, feelings, sadness, loss, grief, denial, despair, guilt, shock, hopelessness, anger, acceptance, bereavement, coping strategies, power, control, authority, bullying, script, assertive, risks, pressure, influences, self-control, real, fake, true, untrue, assertiveness, judgement, communication, technology, power, control, cyberbullying, abuse, safety.</p>
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