



ST MICHAEL'S PRIMARY SCHOOL



	Autumn 1 Being me in my world	Autumn 2 Celebrating differences	Spring 1 Dreams and goals	Spring 2 Healthy me	Summer 1 Relationships	Summer 2 Changing me
Nursery Using Think Equal	Who am I and what makes me special? Self-awareness and Identity Recognise own name and basic preferences; begin to identify self in group.	Who am I and what makes me special? Emotions and Feelings Name basic emotions (happy, sad); respond to others' feelings.	How are we different and why is that important? Understanding Differences Notice differences in people and show curiosity about others.	How can we work together and make everyone feel included? Problem Solving and Inclusion Begin to share and take turns with support; explore fairness.	How can I help others and take care of the world? Global Citizenship and Environment Talk about helping others and caring for nature in simple terms.	What is changing and how can I get ready for it? Transition and Change Talk about changes (e.g., moving rooms); express feelings with support.
Reception Using Think Equal	Who am I and what makes me special? Self-awareness and Identity Describe self using simple characteristics; show confidence in new settings.	Who am I and what makes me special? Emotions and Feelings Identify and talk about a range of emotions; show empathy to peers.	How are we different and why is that important? Understanding Differences Understand and respect differences; include others in play.	How can we work together and make everyone feel included? Problem Solving and Inclusion Resolve simple conflicts with guidance; show inclusive behaviour.	How can I help others and take care of the world? Global Citizenship and Environment Talk about global issues (e.g., recycling); take responsibility for actions.	What is changing and how can I get ready for it? Transition and Change Prepare for transition; express hopes and concerns about change.
Year 1 Jigsaw	Who am I and how do I show I belong? <ul style="list-style-type: none"> Understand their own rights and responsibilities with their classroom Understand that their choices have consequences Understand that their views are important 	How are we all different and why is that great? <ul style="list-style-type: none"> Know what bullying means Know who to tell if they or someone else is being bullied or is feeling unhappy Know that people are unique and that it is OK to be different 	What do I want to achieve and how can I get there? <ul style="list-style-type: none"> Know how to set simple goals Know how to achieve a goal Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them Know when a goal has been achieved 	How do I stay happy and safe? <ul style="list-style-type: none"> Know the difference between being healthy and unhealthy Know how to make healthy lifestyle choices Know that all household products, including medicines, can be harmful if not used properly Know how to keep safe when crossing the road 	What makes a good friend? <ul style="list-style-type: none"> Know that everyone's family is different Know that families are founded on belonging, love and care Know that physical contact can be used as a greeting Know how to make a friend Know who to ask for help in the school community 	How have I changed since I was a baby? <ul style="list-style-type: none"> Know the names of male and female private body parts Know that there are correct names for private body parts and nicknames, and when to use them Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these Know who to ask for help if they are worried or frightened
Year 2 Jigsaw	What makes me special in my class and school?	How do I show respect for differences?	What are my goals and how do I reach them?	How can I make healthy choices?	How do I care for others and myself?	What changes happen as I grow?



ST MICHAEL'S PRIMARY SCHOOL



	<ul style="list-style-type: none"> Understand the rights and responsibilities of class members Know about rewards and consequences and that these stem from choices Know that it is important to listen to other people Understand that their own views are valuable 	<ul style="list-style-type: none"> Know the difference between a one-off incident and bullying Know that sometimes people get bullied because of difference Know that friends can be different and still be friends 	<ul style="list-style-type: none"> Know how to choose a realistic goal and think about how to achieve it Know that it is important to persevere Know how to recognise what working together well looks like 	<ul style="list-style-type: none"> Know what their body needs to stay healthy Know what relaxed means Know why healthy snacks are good for their bodies Know which foods give their bodies energy 	<ul style="list-style-type: none"> Know that there are lots of forms of physical contact within a family Know how to stay stop if someone is hurting them Know there are good secrets and worry secrets and why it is important to share worry secrets Know what trust is 	<ul style="list-style-type: none"> Know the physical differences between male and female bodies Know that private body parts are special and that no one has the right to hurt these Know there are different types of touch and that some are acceptable and some are unacceptable
Year 3 Jigsaw	<p>What is my role in my community?</p> <ul style="list-style-type: none"> Know that the school has a shared set of values Know why rules are needed and how these relate to choices and consequences Know that actions can affect others' feelings Know that others may hold different views 	<p>How can I celebrate differences in others?</p> <ul style="list-style-type: none"> Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do Know that conflict is a normal part of relationships Know that some words are used in hurtful ways and that this can have consequences 	<p>How do I overcome challenges?</p> <ul style="list-style-type: none"> Know that they are responsible for their own learning Know what an obstacle is and how they can hinder achievement Know how to take steps to overcome obstacles Know what dreams and ambitions are important to them 	<p>How do I keep my body and mind healthy?</p> <ul style="list-style-type: none"> Know how exercise affects their bodies Know that there are different types of drugs Know that there are things, places and people that can be dangerous Know when something feels safe or unsafe 	<p>What makes relationships work?</p> <ul style="list-style-type: none"> Know that different family members carry out different roles or have different responsibilities within the family Know some of the skills of friendship, e.g. taking turns, being a good listener Know some strategies for keeping themselves safe online Know that they and all children have rights (UNCRC) 	<p>What changes happen as I grow older?</p> <ul style="list-style-type: none"> Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults Know some of the outside body changes that happen during puberty Know some of the changes on the inside that happen during puberty
Year 4 Jigsaw	<p>How do I contribute to a positive school environment?</p> <ul style="list-style-type: none"> Know their place in the school community 	<p>How do I challenge stereotypes?</p> <ul style="list-style-type: none"> Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying 	<p>How do I stay motivated and resilient?</p> <ul style="list-style-type: none"> Know how to make a new plan and set new goals even if they have been disappointed 	<p>What choices help me stay healthy?</p> <ul style="list-style-type: none"> Know that there are leaders and followers in groups Know the facts about smoking and its effects on health 	<p>How do I manage friendships and emotions?</p> <ul style="list-style-type: none"> Know some reasons why people feel jealousy Know that loss is a normal part of relationships 	<p>What changes happen during puberty?</p> <ul style="list-style-type: none"> Know that personal characteristics are inherited from birth parents and this is brought about by an



ST MICHAEL'S PRIMARY SCHOOL



	<ul style="list-style-type: none"> Know what democracy is (applied to pupil voice in school) Know how groups work together to reach a consensus Know that having a voice and democracy benefits the school community 	<ul style="list-style-type: none"> Know the reasons why witnesses sometimes join in with bullying and don't tell anyone Know that sometimes people make assumptions about a person because of the way they look or act 	<ul style="list-style-type: none"> Know how to work as part of a successful group Know how to share in the success of a group Know that hopes and dreams don't always come true 	<ul style="list-style-type: none"> Know the facts about alcohol and its effects on health, particularly the liver Know ways to resist when people are putting pressure on them Know what they think is right and wrong 	<ul style="list-style-type: none"> Know that negative feelings are a normal part of loss Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe 	<p>ovum joining with a sperm</p> <ul style="list-style-type: none"> Know that babies are made by a sperm joining with an ovum Know the names of the different internal and external body parts that are needed to make a baby Know how the female and male body change at puberty Know that change can bring about a range of different emotions
Year 5 Jigsaw	<p>What are my rights and responsibilities?</p> <ul style="list-style-type: none"> Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process Understand the rights and responsibilities associated with being a citizen in the wider community and their country 	<p>How do I show empathy and respect?</p> <ul style="list-style-type: none"> Know external forms of support in regard to bullying e.g. Childline Know that bullying can be direct and indirect Know what racism is and why it is unacceptable Know what culture means 	<p>How do I plan for success?</p> <ul style="list-style-type: none"> Know about a range of jobs that are carried out by people I know Know the types of job they might like to do when they are older Know that young people from different cultures may have different dreams and goals 	<p>How do I take care of my physical and mental health?</p> <ul style="list-style-type: none"> Know basic emergency procedures, including the recovery position Know how to get help in emergency situations Know that the media, social media and celebrity culture promotes certain body types Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure 	<p>How do I build and maintain healthy relationships?</p> <ul style="list-style-type: none"> Know that there are rights and responsibilities in an online community or social network Know that there are rights and responsibilities when playing a game online Know that too much screen time isn't healthy Know how to stay safe when using technology to communicate with friends 	<p>What is puberty and how does it affect me?</p> <ul style="list-style-type: none"> Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally Know that sexual intercourse can lead to conception Know that some people need help to conceive and might use IVF Know that becoming a teenager involves various changes and also brings growing responsibility
Year 6 Jigsaw	<p>How do I prepare for change and take responsibility?</p> <ul style="list-style-type: none"> Know about children's universal rights (United 	<p>How do I stand up for equality and fairness?</p> <ul style="list-style-type: none"> Know that people can hold power over others 	<p>How do I set goals for my future?</p> <ul style="list-style-type: none"> Know their own learning strengths 	<p>How do I make informed choices about my health?</p> <ul style="list-style-type: none"> Know how to take responsibility for their own health 	<p>How do I navigate complex relationships?</p> <ul style="list-style-type: none"> Know that it is important to take care of their own mental health 	<p>What do I need to know about growing up and becoming independent?</p> <ul style="list-style-type: none"> Know how a baby develops from



ST MICHAEL'S PRIMARY SCHOOL



	<p>Nations Convention on the Rights of the Child)</p> <ul style="list-style-type: none"> • Know about the lives of children in other parts of the world • Know that personal choices can affect others locally and globally 	<p>individually or in a group</p> <ul style="list-style-type: none"> • Know that power can play a part in a bullying or conflict situation • Know that there are different perceptions of 'being normal' and where these might come from • Know that difference can be a source of celebration as well as conflict 	<ul style="list-style-type: none"> • Know what their classmates like and admire about them • Know a variety of problems that the world is facing • Know some ways in which they could work with others to make the world a better place 	<ul style="list-style-type: none"> • Know what it means to be emotionally well • Know how to make choices that benefit their own health and well-being • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve 	<ul style="list-style-type: none"> • Know ways that they can take care of their own mental health • Know the stages of grief and that there are different types of loss that cause people to grieve 	<p>conception through the nine months of pregnancy and how it is born</p> <ul style="list-style-type: none"> • Know how being physically attracted to someone changes the nature of the relationship • Know the importance of self-esteem and what they can do to develop it
--	---	---	--	---	---	--