

## PSHE Curriculum Coverage Overview

Cycle 1 and Cycle 2						
	<b>Autumn Term 1 Belonging   Trust &amp; Collaboration</b>	<b>Autumn Term 2 Aspiration   Perseverance</b>	<b>Spring Term 1 Respect   Honesty</b>	<b>Spring Term 2 Responsibility   Justice</b>	<b>Summer Term 1 Creativity   Kindness</b>	<b>Summer Term 2 Pride   Wisdom</b>
<p><b>Whole school</b></p> <p><b>Jigsaw</b></p>	<p><b>Being me in my world</b> covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.</p>	<p><b>Dreams and Goals</b> aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, using team-work skills and tasks. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.</p>	<p><b>Celebrating difference</b> focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference'. Anti-bullying, including cyber and homophobic bullying for older children.</p>	<p><b>Relationships</b> starts with building a respectful relationship with self and covers topics including families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to online safety and social networking. Children learn how to deal with conflict, build assertiveness skills, and identify their own strengths and strategies for building self-esteem and resilience. They explore roles and responsibilities in families and friendship groups, and consider stereotypes.</p>	<p><b>Changing me (RSE)</b> deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes. Life cycles and human reproduction are taught in some year groups – this will be at an age appropriate level.</p>	<p><b>Healthy me</b> covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). We cover this theme throughout the year and specifically during our whole school Healthy Active Living Week.</p>