

Rishton Methodist Primary School

PSHE (Personal, Social, Health Economic Education) Curriculum

Our PSHE curriculum is built around the 'Jigsaw' PSHE resource. There are modules taught each half term on themes of Being Me in My World, Challenging Differences, Healthy Me, Relationships and Changing Me and these are progressive from EYFS through to KS2. Vocabulary has been mapped throughout the scheme. There were needs identified which are not covered in the scheme and so these have been added to a new half term unit to cover water safety, fire safety, economic planning and road safety, to ensure the needs of our children are met.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Focus: Being Me in My World</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> • Understand who I am and who I belong to. • I can start to recognise and manage my feelings • I can work together and consider other people's feelings. • I can understand how to be kind and use gentle hands. • Starting to understand children's rights to learn and play. • To learn what being responsible means. <p>Evaluate: Zoom out and children reflect on their choices and actions.</p>	<p>Focus: Keeping Safe</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> • I know how to act safely around fire and fireworks. • I know how to be safe around water. • I know how to act safely at the roadside. • I recognise some of the different ways we get money and some of the different forms it comes in • I understand how I can look after money to keep it safe. • I know the difference between the things that we need to spend money on and the things that we want to spend money on • I can express how I feel when I have to make a difficult choice and understand that choosing how to spend our money can sometimes be difficult. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Celebrating Differences</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> • To identify something I am good at and know everyone is good at different things. • Understand being different makes us all special. • To know we are all different but the same in some ways. • I can say why my home is special to me. • I can tell you how to be a kind friend. • I know how to stand up for myself when someone says or does something unkind. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Healthy Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> • I know I need to exercise to keep my body healthy. • I understand how moving and resting are good for my body. • I know what the word 'healthy' means and I know some foods are healthier than others. • I know how to get myself to sleep and I understand why sleep is good for me. • I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet. • I know who my safe adults are and how to stay safe if they are not close by me. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Relationships</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> • I can identify some of the jobs I do in my family. • I know how to make friends to stop myself from feeling lonely. • I can think of ways to solve problems and stay friends. • I am starting to understand the impact of unkind words. • I can use Calm Me Time to manage my feelings. • I know how to be a good friend <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Changing Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> • I can name parts of the body • I can tell you some of the things I can do and foods I can eat to be healthy • I understand that we all grow from babies to adults • I can express how I feel about moving to Year 1. • I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1 • I can share my memories of the best bits of this year in Reception. <p>Evaluate: Zoom out and children reflect on their choices</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year One	<p>Focus: Being Me in My World</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I know how to use my Jigsaw Journal and feel safe in class. I understand the rights and responsibilities as a member of my class I know my class is safe and I know how to keep it safe. I know my views are valued and can contribute to the Learning Charter. I can feel proud of achievements. I can recognise the choices I make and understand the consequences I understand my rights and responsibilities within our Learning Charter. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Keeping Safe</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I know what dangers there can be during Bonfire Night. I know the dangers of water and how to keep safe. I know how to cross a road safely with an adult. I recognise some of the different ways we get money and some of the different forms it comes in I understand how I can look after money to keep it safe I know the difference between the things that we need to spend money on and the things that we want to spend money on I can express how I feel when I have to make a difficult choice and understand that choosing how to spend our money can sometimes be difficult <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Celebrating Differences</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify similarities between people in my class I can identify differences between people in my class I can tell you what bullying is I know some people who I could talk to if I was feeling unhappy or being bullied I know how to make new friends using kind words. I can tell you some ways I am different from my friends <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Healthy Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy I know how to make healthy lifestyle choices I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly I understand that medicines can help me if I feel poorly and I know how to use them safely I know how to keep safe when crossing the road, and about people who can help me to stay safe can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Changing Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I am starting to understand the life cycles of animals and humans I can tell you some things about me that have changed and some things about me that have stayed the same I can tell you how my body has changed since I was a baby I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus I understand that every time I learn something new I change a little bit I can tell you about changes that have happened in my life <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Relationships</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify the members of my family and understand that there are lots of different types of families I can identify what being a good friend means to me I know appropriate ways of physical contact to greet my friends and know which ways I prefer I know who can help me in my school community I can recognise my qualities as a person and a friend I can tell you why I appreciate someone who is special to me <p>Evaluate: Zoom out and children reflect on their choices</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Two	<p>Focus: Being Me in My World</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify some of my hopes and fears for this year I know how to use my Jigsaw Journal I understand the rights and responsibilities for being a member of my class and school I listen to other people and contribute my own ideas about rewards and consequences I can listen to other people and contribute my own ideas about rewards and consequences I understand how following the Learning Charter will help me and others learn I recognise the choices I make and understand the consequences <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Keeping Safe</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I know that there are dangers at Bonfire Night and I know how to act sensibly to protect myself and others. I know the dangers of water I know how to keep safe around water I know how to act around the roadside, how to cross the road using crossings. I recognise some of the different ways we get money and some of the different forms it comes in I understand how I can look after money to keep it safe I know the difference between the things that we need to spend money on and the things that we want to spend money on I can express how I feel when I have to make a difficult choice and understand that choosing how to spend our money can sometimes be difficult <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Celebrating Differences</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) I understand that bullying is sometimes about difference I can recognise what is right and wrong and know how to look after myself I understand that it is OK to be different from other people and to be friends with them I can tell you some ways I am different from my friends. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Healthy Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I know what I need to keep my body healthy I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed I understand how medicines work in my body and how important it is to use them safely I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy I can make some healthy snacks and explain why they are good for my body I understand which foods to eat to give my body energy <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Changing Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can recognise cycles of life in nature I can tell you about the natural process of growing from young to old and understand that this is not in my control I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina, anus) and appreciate that some parts of my body are private I understand there are different types of touch and can tell you which ones I like and don't like I can identify what I am looking forward to when I move to my next class <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Relationships</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not I can identify some of the things that cause conflict with my friends I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret I recognise and appreciate people who can help me in my family, my school and my community I can express my appreciation for the people in my special relationships <p>Evaluate: Zoom out and children reflect on their choices</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Three	<p>Focus: Being Me in My World</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals I know how to use my Jigsaw Journal I can face new challenges positively, make responsible choices and ask for help when I need it I understand why rules are needed and how they relate to rights and responsibilities I understand that my actions affect myself and others and I care about other people's feelings I can make responsible choices and take action I understand my actions affect others and try to see things from their points of view <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Keeping Safe</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify different ways that I can keep myself and others safe around fire and fireworks. I know how to keep safe around water. I consider my responsibility to keep myself and others safe. I know how and where to cross the road safely. I know how and where to keep track of money I can recognise how and why people decide to spend their money <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Celebrating Differences</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I understand that everybody's family is different and important to them I understand that differences and conflicts sometimes happen among family members I know what it means to be a witness to bullying I know that witnesses can make the situation better or worse by what they do I recognise that some words are used in hurtful ways I can tell you about a time when my words affected someone's feelings and what the consequences were <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Healthy Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I understand how exercise affects my body and know why my heart and lungs are such important organs I know that the amount of calories, fat and sugar I put into my body will affect my health I can tell you my knowledge and attitude towards drugs I can identify things, people and places that I need to keep safe from I know some strategies for keeping myself safe, who to go to for help and how to call emergency services I can identify when something feels safe or unsafe I understand how complex my body is and how important it is to take care of it <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Changing Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Relationships</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener I know and can use some strategies for keeping myself safe online I can explain how some of the actions and work of people around the world help and influence my life I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. I know how to express my appreciation to my friends and family <p>Evaluate: Zoom out and children reflect on their choices</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Four	<p>Focus: Being Me in My World</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I know my attitudes and actions make a difference to the class team I know how to use my Jigsaw Journal I understand who is in my school community, the roles they play and how I fit in I understand how democracy works through the School Council I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them I understand how groups come together to make decisions I understand how democracy and having a voice benefits the school community <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Keeping Safe</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify different ways that I can keep myself and others safe around fire and fireworks. I know how to keep safe around water. I consider my responsibility to keep myself and others safe. I recognise the dangers of speed, traffic, dark nights and how to cross the road safely. identify different ways that I can pay for things and keep track of money. recognise how and why people decide to spend their money. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Celebrating Differences</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> Zoom in and explore I understand that, sometimes, we make assumptions based on what people look like I understand what influences me to make assumptions based on how people look I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure I can tell you why witnesses sometimes join in with bullying and sometimes don't tell I can identify what is special about me and value the ways in which I am unique I can tell you a time when my first impression of someone changed when I got to know them <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Healthy Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I recognise how different friendship groups are formed, how I fit into them and the friends I value the most I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol I can recognise when people are putting me under pressure and can explain ways to resist this when I want I know myself well enough to have a clear picture of what I believe is right and wrong <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Changing Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm I understand what responsibilities there are in parenthood and the joy it can bring I can consider what has influenced my life and what might influence the lives of other people I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this I know how the circle of change works and can apply it to changes I want to make in my life I can identify changes that have been and may continue to be outside of my control that I learnt to accept I can identify what I am looking forward to when I move to a new class <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Relationships</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can recognise situations which can cause jealousy in relationships I can identify someone I love and can express why they are special to me I can tell you about someone I know that I no longer see I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older I know how to show love and appreciation to the people and animals who are special to me <p>Evaluate: Zoom out and children reflect on their choices</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Five	<p>Focus: Being Me in My World</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can face new challenges positively and know how to set personal goals I know how to use my Jigsaw Journal I understand my rights and responsibilities as a citizen of my country I understand my rights and responsibilities as a citizen of my country and as a member of my school I can make choices about my own behaviour because I understand how rewards and consequences feel I understand how an individual's behaviour can impact on a group I understand how democracy and having a voice benefits the school community and know how to participate in this <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Keeping Safe</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify different ways that I can keep myself safe around fire and fireworks. I can recognise that other people might choose to act differently around fire and fireworks. I know how to keep safe around water. I consider my responsibility to keep myself and others safe around water. I know how to walk home safely by identifying hazards and how to deal with these. know why some people might carry knives. make an informed decision about how to keep myself and other people safe when I am out by myself and with friends. I know different ways that people's spending decisions can affect others and the environment, and that things have different values. I recognise that people have different attitudes towards saving and spending money, and towards risk. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Celebrating Differences</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I understand that cultural differences sometimes cause conflict I understand what racism is I understand how rumour-spreading and name-calling can be bullying behaviours I can explain the difference between direct and indirect types of bullying I can compare my life with people in the developing world I can understand a different culture from my own <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Healthy Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations I understand how the media, social media and celebrity culture promotes certain body types I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Changing Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I am aware of my own self-image and how my body image fits into that I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I can describe how boys' and girls' bodies change during puberty I also understand that sometimes people need IVF to help them have a baby I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) I can identify what I am looking forward to when I move to my next class.. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Relationships</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities I understand that belonging to an online community can have positive and negative consequences I understand there are rights and responsibilities in an online community or social network I know there are rights and responsibilities when playing a game online I know there are rights and responsibilities when playing a game online I can explain how to stay safe when using technology to communicate with my friends <p>Evaluate: Zoom out and children reflect on their choices</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Six	<p>Focus: Being Me in My World</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify my goals for this year, understand my fears and worries about the future and know how to express them I know how to use my Jigsaw Journal I know that there are universal rights for all children but for many children these rights are not met I understand that my actions affect other people locally and globally I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities I understand how an individual's behaviour can impact on a group I understand how democracy and having a voice benefits the school community <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Keeping Safe</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can identify different ways that I can keep myself safe around fire and fireworks. I can recognise that other people might choose to act differently around fire and fireworks. I know how to keep safe around water. I consider my responsibility to keep myself and others safe. I know how to walk home safely by identifying hazards and how to deal with these. know why some people might carry knives. make an informed decision about how to keep myself and other people safe when I am out by myself and with friends. I know different ways that people's spending decisions can affect others and the environment, and that things have different values. I recognise that people have different attitudes towards saving and spending money, and towards risk. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Celebrating Differences</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I understand there are different perceptions about what normal means I understand how being different could affect someone's life I can explain some of the ways in which one person or a group can have power over another I know some of the reasons why people use bullying behaviours I can give examples of people with disabilities who lead amazing lives I can explain ways in which difference can be a source of conflict and a cause for celebration. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Healthy Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I can take responsibility for my health and make choices that benefit my health and well-being I know about different types of drugs and their uses and their effects on the body particularly the liver and heart I understand that some people can be exploited and made to do things that are against the law I know why some people join gangs and the risks this involves I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Changing Me</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I am aware of my own self-image and how my body image fits into that I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend I know myself well enough to maintain positive relationships with others whilst still keeping my own identity I am aware of the importance of a positive self-esteem and what I can do to develop it I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class. <p>Evaluate: Zoom out and children reflect on their choices</p>	<p>Focus: Relationships</p> <p>Knowledge Development:</p> <ul style="list-style-type: none"> I know that it is important to take care of my mental health I know how to take care of my mental health I understand that there are different stages of grief and that there are different types of loss that cause people to grieve I can recognise when people are trying to gain power or control I can judge whether something online is safe and helpful for me I can use technology positively and safely to communicate with my friends and family <p>Evaluate: Zoom out and children reflect on their choices</p>

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