


West Norfolk Academies Trust (Primary) – Curriculum Map – PSHE (Jigsaw)

|  | Autumn 1st Being Me In My World | Autumn 2nd Celebrating Difference | Spring 1st Dreams and Goals | Spring 2nd Healthy Me | Summer 1st Relationships | Summer 2nd Changing Me |
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| EYFS Knowledge | I help others to feel welcome. I try to make our school community a better place. I can think about everyone's right to learn. I care about other people's feelings. I work well with others. | I can accept that everyone is different. I include others when working and playing. I know how to help if someone is being bullied. I try to solve problems. I try to use kind words. I know how to give and receive compliments. | I stay motivated when doing something challenging. I keep trying even when it is difficult. I work well with a partner or group. I have a positive attitude. I help others achieve their goals. I am working hard to achieve my dreams and goals. | I can make a healthy choice. I can eat a healthy, balanced diet. I can be physically active. I know how to keep others and myself safe. I know how to be a good friend. I know how to keep calm in difficult situations. | I know how to make friends and try to solve friendship problems when they occur. I help others to feel part of a group. I show respect in how I treat others. I know how to help others and myself when they feel upset or hurt. | I understand that everyone is unique. I can express how I feel when change happens. I understand and respect the changes that they see in myself and other people. I know who to ask for help if I am worried about change. |
| EYFS Vocabulary | Help Welcome School Community Care Right Feelings Listen Discuss Share | Different Include Help Bully Bullying Kind words Compliments | Motivation Challenge Try Difficult Goals Dreams | Health Choices Balanced Diet Physically Active Safe Friend Calm | Friends Conversation Affection Concern Solve Problems Upset Hurt Respect | Special Unique Feelings Change Respect Understand Worried |
| Year 1 Knowledge | I feel special and safe in class. I understand the rights and responsibilities as a member of my class. I know my views are valued. I recognise the choices I make and understand the consequences. | I can identify similarities and differences between people in my class. I can tell you what bullying is. I know some people whom I could talk to if I was feeling unhappy or being bullied. I know how to make new friends. | I can set a simple goal and work out how to achieve it. I can work well with a partner. I can tackle a new challenge. I can identify obstacles and work out how to overcome them. I can tell you how I felt when I succeeded and how I celebrated it. | I understand the difference between being healthy and unhealthy. I know how to keep myself clean and understand how germs cause illness. I understand that medicines can help me if I feel poorly. I know how to keep safe when crossing the road. | I understand that there are 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. I know who can help me in my school. I can recognise my qualities as person and a friend. | I understand life cycles of animals and humans. I can tell you things that have changed in my life and stayed the same. I can tell you how my body has changed since I was a baby. I can identify body parts that make boys different to girls using the correct names. |
| Year 1 Vocabulary | Safe Special Calm Rights Responsibilities Learning Charter Proud Rewards Upset Consequences Disappointed | Similarity Difference Bullying Bullied Unfair behaviour Deliberate On purpose Included Celebration Special Unique | Proud Success Achievement Goal Dreams Team work Celebrate Challenge Feelings Success | Healthy Unhealthy Balanced Exercise Choices Clean Body parts Hygienic Safe Medicines Safety Green Cross Code | Family Belong Different Same Friendship Qualities Caring Sharing Kind Helpful Community Feelings Confidence Self-belief | Life cycle Baby Adulthood Mature Change Male Female Vagina Penis Testicles Feelings Anxious Worried Excited Coping |

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| Year 2 Knowledge | <p>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 understand how following the Learning Charter will help me and others learn.</p> | <p>I understand that sometimes people make assumptions about boys and girls. I understand that bullying is sometimes about difference. I recognise what is right and wrong. I can tell you some ways I am different from my friends.</p> | <p>I choose a realistic goal and think about how to achieve it. I persevere even when I find tasks difficult. I can recognise who is easy or difficult for me to work with. I can work cooperatively in a group. I can explain some of the ways I worked cooperatively. I know how to share success.</p> | <p>I know what I need to keep my body healthy. I understand how medicines work in my body and how important it is to use them safely. I can sort food groups and know which foods keep me healthy. I can explain why healthy snacks are good for my body.</p> | <p>I understand why it is important to cooperate with my family. I understand that some forms of physical contact is acceptable and some not. I know what causes conflict with my friends. I know that sometimes it is good to keep a secret and sometimes not. I know who can help me in my family, school and community.</p> | <p>I recognise cycles of life and understand the process of growing old. I recognise how my body has changed and where I am on the continuum from young to old. I recognise the physical differences between boys and girls and appreciate that some parts of my body are private. I understand there are different types of touch.</p> |
| Year 2 Vocabulary | <p>Worries Hopes Fears Belonging Rights Responsibilities Reward Consequence Actions Positive Negative Choices Co-operate</p> | <p>Similarities Differences Stereotypes Special Assumptions Shield Bully Purpose Kind Unkind Feelings Sad Lonely Help Friends Included Qualities</p> | <p>Realistic Proud Success Celebrate Achievement Goal Strengths Persevere Challenge Difficult Easy Partner Team work</p> | <p>Healthy choices Lifestyle Motivation Relaxation Tense Healthy Unhealthy Balanced diet Portion Proportion Nutritious</p> | <p>Different Similarities Relationship Cooperate Physical contact Communication Acceptable Not acceptable Conflict Point of view Problem solving Secret Trustworthy Honesty Reliability Positive Negative Appreciate</p> | <p>Change Grow Life cycle Baby Adult Respect Appearance Physical Independent Timeline Freedom Responsibilities Vagina Penis Testicles Public Private Acceptable Unacceptable Comfortable Uncomfortable</p> |
| Year 3 Knowledge | <p>I face challenges positively and make responsible choices. I understand why we need rules and how they relate to rights and responsibilities. I understand that my actions affect others and myself. I try to see things from different points of view.</p> | <p>I understand that everybody's family is different. I understand that differences and conflicts sometimes happen among family members. I recognise that some words are used in hurtful ways.</p> | <p>I can tell you about a person who has faced difficult challenges and achieved success. I can identify a dream/ambition. I enjoy facing new learning challenges. I can recognise obstacles and can take steps to overcome them. I can evaluate my own learning process.</p> | <p>I understand how exercise affects my body and why my heart and lungs are important. I can tell you my attitude towards drugs. I understand that, like medicines, some household substances can be harmful. I understand how important it is to take care of my body.</p> | <p>I can reflect on expectations for males and females in my family. I can put into practice some of the skills of friendship. I can use strategies for keeping myself safe. I can explain how the work of people around the world help my life. I understand how children around the world share my needs and rights.</p> | <p>I understand that changes happen between conception and growing up. I understand how babies grow and develop in the mother's uterus. I understand that boys' and girls' bodies change so that their bodies can make babies. I recognise stereotypical ideas I might have about parenting/family roles.</p> |

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| Year 3 Vocabulary | Valued Achievements Responsibilities Proud Consequences Emotions Support Rewards Feelings Solutions Rights Fairness Choices Co-operate Challenge Teamwork Viewpoint | Connected Difference Special Conflict Solutions Resolve Witness Bystander Bullying Consequences Hurtful Compliment Special Unique Difference Similarity | Perseverance Challenges Success Obstacles Dreams Goals Ambitions Future Aspirations Design Cooperation Motivated Enthusiastic Frustration Solution | Oxygen Heartbeat Lungs Heart Fitness Challenge Healthy Drugs Attitude Safe Anxious Strategy Advice Medicines Substances | Differences Similarities Respect Stereotype Conflict Solution Problem solving Hazards Risks Global Communications Trade Inequality Rights Deprivation Justice Equality | Changes Birth Mother Uterus Womb Nutrients Survive Puberty Control Puberty Male Female Testicles Sperm Penis Ovaries Egg Womb Vagina Stereotypes |
| Year 4 Knowledge | I understand that my attitudes and actions make a difference to the class team. I know how democracy works/ School Council. Understand how groups come together to make decisions. I understand how democracy and having a voice benefits the school community. | I understand that, sometimes, we make assumptions based on what people look like. I know that sometimes bullying is hard to spot. I can tell you why witnesses sometimes join in with bullying. I can identify what is special and unique about me. | I can tell you about my hopes and dreams. I know that reflecting on happy experiences can help me to counteract disappointment. I know how to set new goals even if I have been disappointed. I know the steps to take to achieve a goal. | I recognise how friendship groups are formed. I recognise the changing dynamics between different groups. I understand the effects of smoking and alcohol on health. I recognise when people are putting me under pressure and can explain ways to resist this. | I can identify the relationships that I am part of. I can identify someone I love. I can tell you about someone I know that I no longer see. I can explain different points of view on an animal rights issue. I know how to show appreciation to people and animals who are special to me. | I understand my characteristics have come from my parents. I can label the internal/external parts of bodies. I can describe how a girl's body changes for her to be able to have babies. I can identify changes that have been and may continue to be outside of my control. |
| Year 4 Vocabulary | Included Excluded Valued Rights Reward Responsibilities Democracy Decisions Consequence Voting Authority UN Convention on Rights of Child. | Character Assumption Judgement Surprised Different Appearance Opinion Attitude Secret Bullying Deliberate On purpose Bystander Witness Cyber bullying Text message Website | Dream Hope Goal Feeling Determination Perseverance Hopes Disappointment Fears Hurt Resilience Self-belief Motivation Commitment Team work Enterprise Design Cooperation Evaluate | Friendships Emotions Healthy Relationships Friendship groups Value Embarrassed Roles Leader Follower Alcohol Liver Diseased Pressure Peers Opinion Assertive Right Wrong | Relationship Close Distant Belonging Loss Disbelief Acceptance Memories Depression Souvenir Memento Opinion Debate Respect Cope Strategies Appreciation | Characteristics Sperm Egg Penis Testicles Vagina Womb Ovaries Making love Fertilise Reproduction Puberty Menstruation Periods Seasons Change Control Acceptance |
| Year 5 Knowledge | I understand my rights and responsibilities as a British citizen. I can empathise with people whose lives are different to my own. I understand how rewards and consequences feel. I understand how | I understand that cultural differences sometimes cause conflict. I understand what racism is. I can explain the difference between direct and indirect types of bullying. I can compare my life with people in the developing world. | I understand that I will need money to achieve some of my dreams. I can identify a job I would like to do when I grow up and understand what I need to do to achieve it. I can describe the dreams and goals of young | I know the health risks of smoking and alcohol and can tell you how they affect the lungs, liver and heart. I can put into practice basic emergency aid procedures. I understand how the media promotes certain body types. | I know my characteristics and qualities. I know how to make new friends and how to manage when I fall out with friends. I understand what having a boyfriend/ girlfriend might mean. I know how to stay safe when using technology to | I am aware of my self-image. I can describe how boys' and girls' bodies change during puberty. I understand that sexual intercourse can lead to conception. I can identify what I am looking forward to about becoming a |

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| | democracy benefits the school community. | | people in a culture different to mine. | | communicate with friends. | teenager and understand this brings growing responsibilities. |
| Year 5 Vocabulary | Opportunities Citizen Motivation Vision Challenge Rights British Denied Empathise Rights Wealth Poverty Responsibilities Prejudice Rewards Cooperation Choices Collaboration Consequences | Culture Conflict Difference Similarity Belong Racism Colour Race Discrimination Culture Bullying Rumour Name-calling Homophobic Cyber bullying Texting Indirect Direct Cyber bullying | Dream Hope Goal Feeling Achievement Money Grown up Adult Lifestyle Career Profession Salary Determination Perseverance Motivation Aspiration Culture Communication | Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Emergency Procedure Recovery position Body image Media | Personal qualities Attributes Self-esteem Negotiate Compromise Betrayal Empathy Attraction Body language Feelings Emotions Technology Communicate | Menstruation Ovary Vagina Uterus Puberty Sperm Semen Testicles Erection Ejaculation Larynx Facial hair Hormones Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF) |
| Year 6 Knowledge | I know that for many children their universal rights are not met. I understand that my actions affect other people locally and globally. I understand rewards and consequences relate to rights and responsibilities. I understand how democracy benefits the school community. | I understand there are different perceptions about what normal means. I understand how having a disability could affect someone's life. I know some of the reasons why people use bullying behaviours. I can explain ways in which difference can be a source of conflict and a cause for celebration. | I know my learning strengths and can set challenging but realistic goals for myself. I can work out the learning steps I need to take to reach my goal. I can identify problems in the world that concern me and talk to other people about them. I can work with other people to help make the world a better place. | I know the impact of food on the body. I know about different types of drugs and their effects. I can evaluate when alcohol is being used responsibly, anti-socially or being misused. I can use basic first aid. I understand what it means to be emotionally well and explore attitudes towards mental health. | I can identify significant people in my life so far. I know the feelings we have when someone dies or leaves and understand the different stages of grief. I understand how technology can be used to try to gain power or control and can use strategies to prevent this. I can use technology safely to communicate with my friends and family. | I am aware of my own self-image. I can explain how girls' and boys' bodies change during puberty. I can ask questions I need answered about puberty. I can describe how a baby develops from conception to how it is born. I understand how being physically attracted to someone changes the nature of the relationship. |
| Year 6 Vocabulary | Community Democracy Comparison Rewards Collaboration Empathy Opportunities Education Responsibilities Rights Consequences Empathise Obstacles Cooperation Participation | Ability Disability Visual impairment Empathy Perception Medication Vision Blind Cerebral palsy Role model Inspire Independent Disability Power Struggle Imbalance Control Harassment Bullying Direct Indirect Argument Recipient | Dream Hope Goal Learning Strengths Stretch Achievement Personal Realistic Unrealistic Global Issue Suffering Concern Hardship Empathy Motivation Compliment Contribution Recognition | Mood Energy Balanced diet Drugs Effects Motivation Misuse Anti-social Responsible Appropriate Emergency Recovery position CPR Mental health Emotional health Mental illness Symptoms Managing stress Pressure | Significant Relationship Emotions Feelings Bereavement Coping strategies Loss Grief Denial Despair Anger Acceptance Power Control Communication Technology Cyberbullying | Self-image Self-esteem Freedoms Responsibilities Trust Respect Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife Independence Attraction Relationship Friends Transition |

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