


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
PreSchool Knowledge	I like coming to school, I enjoy joining in with everyone, I feel confident to take part, I am happy to play, I like my friends and adults	I am starting to think about those around me, I take turns, I act kindly and know some kind words like - thank you, how are you. I smile at others	I stay on task for a while to see the play through, I finish short games, I show I am proud of what I learn and do, I am starting to play with others and co operate	I know how to put my coat on because I am cold, I can get to the toilet if I need to use it, I enjoy healthy snacks like fruit and meals with some variety, I have a good sleep pattern which helps me stay happy	I smile at others and show intent to play well, I share learning. I encourage others to join in. I talk about my feelings in simple ways and forgive upsets quickly.	I look forward to new things. Changes make me feel happy and excited. I can talk about changes positively. I am proud of myself.
Pre School Vocabulary	Belong, join, together, enjoy, take part, happy, confident	Same, similar, kind, friends, kindness, differences, happiness, feelings, care, love	Concentrate, attention, pride, proud, try hard, achieve	Independent, happy, health, strong, sleep well	like, love, agree, share, upset, sadness, angry, forgive, make up	Changes, new experiences, grow, grown up, feelings, special,
YR 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.
YR 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	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	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	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	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	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

	understand the consequences.	how to make new friends.	when I succeeded and how I celebrated it.	if I feel poorly. I know how to keep safe when crossing the road.	school. I can recognise my qualities as person and a friend.	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
Year 2 Knowledge	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.	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.	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.	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 foods into the correct food groups and know which foods keep me healthy. I can explain why healthy snacks are good for my body.	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.	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.
Year 2 Vocabulary	Worries Hopes Fears Belonging Rights Responsibilities Reward Consequence Actions Positive Negative Choices Co-operate	Similarities Differences Stereotypes Special Assumptions Shield Bully Purpose Kind Unkind Feelings Sad Lonely Help Friends Included Qualities	Realistic Proud Success Celebrate Achievement Goal Strengths Persevere Challenge Difficult Easy Partner Team work	Healthy choices Lifestyle Motivation Relaxation Tense Healthy Unhealthy Balanced diet Portion Proportion Nutritious	Different Similarities Relationship Cooperate Physical contact Communication Acceptable Not acceptable Conflict Point of view Problem solving Secret Trustworthy Honesty Reliability Positive Negative Appreciate	Change Grow Life cycle Baby Adult Respect Appearance Physical Independent Timeline Freedom Responsibilities Vagina Penis Testicles Public Private Acceptable Unacceptable Comfortable Uncomfortable

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>
Year 3 Vocabulary	<p>Valued Achievements Responsibilities Proud Consequences Emotions Support Rewards Feelings Solutions Rights Fairness Choices Co-operate Challenge Teamwork Viewpoint</p>	<p>Connected Difference Special Conflict Solutions Resolve Witness Bystander Bullying Consequences Hurtful Compliment Special Unique Difference Similarity</p>	<p>Perseverance Challenges Success Obstacles Dreams Goals Ambitions Future Aspirations Design Cooperation Motivated Enthusiastic Frustration Solution</p>	<p>Oxygen Heartbeat Lungs Heart Fitness Challenge Healthy Drugs Attitude Safe Anxious Strategy Advice Medicines Substances</p>	<p>Differences Similarities Respect Stereotype Conflict Solution Problem solving Hazards Risks Global Communications Trade Inequality Rights Deprivation Justice Equality</p>	<p>Changes Birth Mother Uterus Womb Nutrients Survive Puberty Control Puberty Male Female Testicles Sperm Penis Ovaries Egg Womb Vagina Stereotypes</p>