



Overview:

At Queen's Park Infant Academy, we teach PSHE through the Jigsaw scheme because Jigsaw holds children at its heart, and its cohesive vision helps children understand and value how they fit into and contribute to the world. With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, we use Jigsaw as a tool to deliver engaging and relevant PSHE within a whole-school approach. Jigsaw lessons also include mindfulness allowing children to advance their emotional awareness, concentration, focus and self-regulation.

Aims for the PSHE curriculum:

- Caring friendships, respectful relationships, online relationships
- Families and the people who care for me, being safe
- Physical health and fitness, healthy eating, health and prevention, basic first aid
- Mental wellbeing



Pupils will be taught the following knowledge and social and emotional skills:

Subject themes	EYFS	Year 1	Year 2
Being Me in My World	<p>To know that some people are similar and different, e.g. what we look like.</p> <p>To know that there are different types of feeling, e.g. happy, sad, excited, scared, angry.</p> <p>To understand that we should work together with others to make school a good place to be.</p> <p>To know that hands can be used kindly and unkindly.</p> <p>To know that children have a right to learn and play, safely and happily.</p> <p>To understand that being responsible is taking care of ourselves, our friends, our class and our school.</p>	<p>To understand that everyone is special.</p> <p>To know that I belong to my class.</p> <p>To understand that classrooms are safe places.</p> <p>To identify what it is like to feel proud of an achievement.</p> <p>To know that choices have consequences.</p> <p>To know that being a member of our school means we follow the 'Happy Rules'.</p>	<p>To know that there are some things that make people worried.</p> <p>To know who to ask for help when feeling worried.</p> <p>To know that everyone in my class has a responsibility to keep it a safe and fair place.</p> <p>To understand that every behaviour has a consequence, whether good or bad.</p> <p>To know that working cooperatively means working together.</p> <p>To know that we are responsible for following the school's 'Happy Rules'.</p>
Celebrating Difference	<p>To know that there are things that everyone is good at.</p> <p>To understand that being different makes us special.</p> <p>To know that all families are different but the same in some ways.</p> <p>To know that people have different homes and why they are important to them.</p> <p>To know how to be kind to a friend, e.g. listening, sharing, looking after someone when they are hurt or upset.</p> <p>To know which words to use when someone is being unkind, e.g. 'No', 'Please stop', 'I don't like that.'</p>	<p>To know that there are similarities and differences between friends, e.g. likes, dislikes hobbies etc.</p> <p>To know that some people can be unkind to others (bullying) and how it might feel.</p> <p>To know that I can talk to adults if I am feeling unhappy or if someone is being unkind (bullying).</p> <p>To understand ways to make new friends, e.g. <i>sharing, playing, being kind, making someone laugh etc.</i></p> <p>To know that being different makes us unique and one of a kind.</p>	<p>To know that boys and girls are different and that is okay.</p> <p>To understand that sometimes people make assumptions about boys and girls.</p> <p>To know that it is okay not to follow stereotypes, e.g. <i>gender stereotypes.</i></p> <p>To understand the importance of respect for differences and similarities between people.</p> <p>To understand that some people are unkind to others because they are different (bullying).</p> <p>To understand that people shouldn't be treated unfairly because they are different.</p> <p>To know that everyone is unique and that it is okay to be different.</p>
Dreams and Goals	<p>To know that a challenge is something that can be difficult.</p> <p>To know that it is important to keep trying (perseverance).</p> <p>To know that a goal is something to work towards.</p> <p>To understand that kind words can encourage people.</p> <p>To understand that working hard now will help us achieve things when we are older.</p> <p>To know that we celebrate when we achieve a goal.</p>	<p>To understand that people can set their own goals.</p> <p>To know the different things that can be done to achieve a goal.</p> <p>To understand that working with someone else can help achieve a goal.</p> <p>To understand why a new challenge can be difficult.</p> <p>To identify obstacles which make achieving a goal difficult and know how to overcome them.</p> <p>To know that we can remember success from the past when faced with new challenges.</p>	<p>To understand that goals should be realistic.</p> <p>To know that it is important to persevere even when things can be difficult.</p> <p>To understand that people work well with some and that it can be more difficult with others.</p> <p>To know how to work effectively as part of a group.</p> <p>To recognise how it feels to be part of a group that succeeds.</p>



<p>Healthy Me</p>	<p>To know that everyone needs to exercise to keep their body healthy. To know that moving and resting is good for my body. To know which foods are healthy and unhealthy. To understand that everyone can make healthy eating choices. To understand that sleep is important and good for everyone. To know that it is very important to wash hands thoroughly (especially before eating and after going to the toilet). To know how to wash hands properly. To know that a stranger is someone that you do not know. To know that it is important to say no to strangers and to tell a known adult.</p>	<p>To know the difference between healthy and unhealthy. To understand that our bodies feel better when healthy choices are made. To understand that it is important to keep our bodies clean because germs cause illness. To know that medicines can help someone who is feeling unwell. To know that medicines should only be given to a child by a known adult. To know how to keep safe when crossing a road, e.g. stop, look and listen; with an adult, at a crossing/lolly pop lady etc.</p>	<p>To know that caring for our bodies makes us feel positive. To understand that relaxed means to be calm, to rest and to do enjoyable things. To know some things that make people feel relaxed and some that don't. To know that medicine must be taken safely (never take medicine alone, only take medicine from a trusted adult, take the correct dosage, don't take someone else's medicine, keep medicine in a locked cupboard). To know the five different food groups (carbohydrate, protein, dairy, fruit and vegetables, sugar/salt/fat) and some examples of types of food. To understand that our bodies need a balance of food from the different food groups. To know which foods give our bodies energy.</p>
<p>Relationships RSE</p>	<p>To understand what a family is. To understand how it feels to be lonely and know what to do if you are feeling this way. To understand that friends sometimes fall out and know ways to make up/mend a friendship. To know that unkind words can hurt others feelings. To know how to calm down when feeling angry e.g. deep breathing, calm or quiet place. To know how to be a good friend, e.g. share, be kind, and look after each other.</p>	<p>To identify the members of your family and understand that all families are different. To know how to make a new friend. To recognise the difference between appropriate and inappropriate physical contact. To know how to ask for help when you need it. To know ways to praise myself. To be able to tell another person how you feel about them.</p>	<p>To understand my relationship with each of the members of my family. To understand that families function well when there is trust, respect, care, love and cooperation. To know that trust is the feeling that somebody or something can be relied upon. To identify some of the things that cause conflict between friends. To know when it is good to keep a secret and when it is not. To know which adults to trust and to go to when worried or scared. To know how to give and receive compliments.</p>
<p>Changing Me</p>	<p>To be able to name parts of the body e.g. arm, leg, knee, neck To know that exercise is good for our bodies. To know that healthy food is good for our bodies. To understand that we all grow from babies into adults. To be able to say how I feel about change. To be able to share memories, e.g. memories from Reception.</p>	<p>To begin to understand life cycles of animals and humans. To be able to recognise things about me that have changed and things that have stayed the same. To understand that changes are ok and some happen whether or not we want them to. To be able to explain how my body has changed since I was a baby. To be able to identify and know the correct names for parts of the body that make girls different to boys (penis, testicles, vagina, vulva, anus).</p>	<p>To recognise life cycles in nature. To be able to explain the process of growing from young to old and know where I am in that process. To know the physical differences between boys and girls and know that some parts of my body are private. To understand that there are different types of touch (e.g. hugs, hand shaking, pushing, hitting) and can say which ones I like and don't like. To understand that changes happen when I get older, e.g. moving to another school in year 3.</p>
<p>Online safety</p>	<p>Online safety is explicitly taught within our computing curriculum.</p>		
<p>Vocabulary</p>	<p>similar, different, feeling, happy, sad, excited, scared, angry, calm, kind/unkind, responsible, family, challenge, persevere, goal, exercise, healthy/unhealthy, friend, friendship, exercise, baby, adult, change, memories, boy, girl</p>	<p>special, safe, belong, choice, consequence, achievement, proud, unique, goal, success, germs, illness, medicine, well/unwell, road safety, physical contact, praise, life cycle, change, penis, testicles, vagina, vulva, anus</p>	<p>worries, safe, fair, responsibility, cooperative. stereotype, bullying, gender, relaxed, dose, food groups, carbohydrate, protein, dairy, fruit, vegetables, sugar, salt, fat, balance, energy, relationship, trust, respect, conflict, secret, compliment, private</p>