

KS1 PSHE Autumn 1 Being in my world	
Previous learning	
In EYFS, the children learnt about how they have similarities and differences from their friends and how that is OK. They worked on recognising and managing their feelings, identifying different ones and the causes these can have. The children learnt about working with others and why it is good to be kind and use gentle hands. They discussed children's rights, especially linked to the right to learn and the right to play. The children learnt what it means to be responsible.	
Substantive knowledge (Key objectives in bold)	Disciplinary knowledge (Key objectives in bold)
Understand their own rights and responsibilities with their classroom Understand that their choices have consequences Understand that their views are important Understand the rights and responsibilities of a member of a class	Understand that they are safe in their class Identifying helpful behaviours to make the class a safe place Understand that they have choices Understanding that they are special Identify what it's like to feel proud of an achievement Recognise feelings associated with positive and negative consequences
Lesson 1 PSHE learning intention Social and emotional development learning intention	'Special and Safe.'
	- I know how to use my Jigsaw Journal - I feel special and safe in my class
Lesson 2	'My Class.'
	- I understand the rights and responsibilities as a member of my class - I know that I belong to my class
Lesson 3	'Rights and responsibilities.'
	- I understand the rights and responsibilities for being a member of my class - I know how to make my class a safe place for everybody to learn
Lesson 4	'Rewards and feeling proud.'
	- I know my views are valued and can contribute to the Learning Charter - I recognise how it feels to be proud of an achievement
Lesson 5	'Consequences.'
	- I can recognise the choices I make and understand the consequences - I recognise the range of feelings when I face certain consequences
Lesson 6	'Owning our learning charter.'
	- I understand my rights and responsibilities within our Learning Charter - I understand my choices in following the Learning Charter
Vocabulary	
Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration	

KS1 PSHE Autumn 2 Celebrating difference		
Previous learning:		
In EYFS, the children were encouraged to think about things that they are good at whilst understanding that everyone is good at different things. They discussed being different and how that makes everyone special but also recognise that we are the same in some ways. The children shared their experiences of their homes and were asked to explain why it is special to them. They learnt about friendship and how to be a kind friend and how to stand up for themselves if someone says or does something unkind to them.		
Substantive knowledge (Key objectives in bold)		Disciplinary knowledge (Key objectives in bold)
Know what bullying means Know who to tell if they or someone else is being bullied or is feeling unhappy Know that people are unique and that it is OK to be different Know skills to make friendships Know that people have differences and similarities		Identify what is bullying and what isn't Understand how being bullied might feel Recognise ways in which they are the same as their friends and ways they are different Know ways to help a person who is being bullied Identify emotions associated with making a new friend Verbalise some of the attributes that make them unique and special
Lesson 1 PSHE learning intention Social and emotional development learning intention	'The same as.'	
	- I can identify similarities between people in my class - I can tell you some ways in which I am the same as my friends	
Lesson 2	'Different from.'	
	- I can identify differences between people in my class - I can tell you some ways I am different from my friends	
Lesson 3	'What is bullying?'	
	- I can tell you what bullying is - I understand how being bullied might feel	
Lesson 4	'What do I do about bullying?'	
	- I know some people who I could talk to if I was feeling unhappy or being bullied - I can be kind to children who are bullied	
Lesson 5	'Making new friends.'	
	- I know how to make new friends - I know how it feels to make a new friend	
Lesson 6	'Celebrating differences, celebrating me.'	
	- I can tell you some ways I am different from my friends - I understand these differences make us all special and unique	
Vocabulary		
Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique		

KS1 PSHE Spring 1 Dreams and goals	
Previous learning	
In EYFS, the children considered challenges and facing up to them. They discussed not giving up and trying until they have achieved their goal. The children were encouraged to think about jobs that they might like to have when they are older and were taught to associate what they learn now with being able to have the job they want. They also talked about achieving goals and the feelings linked to this.	
Substantive knowledge (Key objectives in bold)	Disciplinary knowledge (Key objectives in bold)
Know how to set simple goals Know how to achieve a goal Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them Know when a goal has been achieved Know how to work well with a partner Know that tackling a challenge can stretch their learning	Recognise things that they do well Explain how they learn best Recognise their own feelings when faced with a challenge/obstacle Recognise how they feel when they overcome a challenge/obstacle Celebrate an achievement with a friend Can store feelings of success so that they can be used in the future
Lesson 1 PSHE learning intention Social and emotional development learning intention	'My treasure chest of success.'
	- I can set simple goals - I can tell you about a thing I do well
Lesson 2	'Steps to goals.'
	- I can set a goal and work out how to achieve it - I can tell you how I learn best
Lesson 3	'Achieving together.'
	- I understand how to work well with a partner - I can celebrate achievement with my partner
Lesson 4	'Stretchy learning.'
	- I can tackle a new challenge and understand this might stretch my learning - I can tell you how I feel when I am faced with a new challenge
Lesson 5	'Overcoming obstacles.'
	- I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them - I can explain how I feel when I face obstacles and how I feel when I overcome them
Lesson 6	'Celebrating my success.'
	- I can tell you how I felt when I succeeded in a new challenge and how I celebrated it - I know how to store the feelings of success in my internal treasure chest
Vocabulary	
Proud, Success, Treasure, Coins, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve	

Previous learning

In EYFS, the children learnt about their bodies: the names of some key parts as well as how to stay healthy. They talked about food and that some foods are healthier than others. They discussed the importance of sleep and what they can do to help themselves get to sleep. They talked about hand washing and why it is important. The class also discussed 'stranger danger' and what they should do if approached by someone they don't know.

Substantive knowledge (Key objectives in **bold**)

Know the difference between being healthy and unhealthy
Know some ways to keep healthy
Know how to make healthy lifestyle choices
Know that all household products, including medicines, can be harmful if not used properly
Know that medicines can help them if they feel poorly
Know how to keep safe when crossing the road
Know how to keep themselves clean and healthy
Know that germs cause disease/illness
Know about people who can keep them safe

Disciplinary knowledge (Key objectives in **bold**)

Keep themselves safe
Recognise how being healthy helps them to feel happy
Recognise ways to look after themselves if they feel poorly
Recognise when they feel frightened and know how to ask for help
Feel good about themselves when they make healthy choices
Realise that they are special

Lesson 1

PSHE learning intention

Social and emotional

development learning intention

'Being healthy.'

- I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy
- I feel good about myself when I make healthy choices

Lesson 2

'Healthy choices.'

- I know how to make healthy lifestyle choices
- I feel good about myself when I make healthy choices

Lesson 3

'Clean and healthy.'

- 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 am special so I keep myself safe

Lesson 4

'Medicine safety.'

- I understand that medicines can help me if I feel poorly and I know how to use them safely
- I know some ways to help myself when I feel poorly

Lesson 5

'Road safety.'

- I know how to keep safe when crossing the road, and about people who can help me to stay safe
- I can recognise when I feel frightened and know who to ask for help

Lesson 6

'Happy, healthy me.'

- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy
- I can recognise how being healthy helps me to feel happy

Vocabulary
Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait

KS1 PSHE Summer 1 Relationships	
Previous learning	
In EYFS, the children were introduced to the key relationships in their lives. They learnt about families and the different roles people can have in a family. They explored the friendships they have and what makes a good friend. They were introduced to simple strategies they can use to mend friendships. The children also practised Jigsaw's Calm Me and how they can use this when feeling upset or angry.	
Substantive knowledge (Key objectives in bold)	Disciplinary knowledge (Key objectives in bold)
Know that everyone's family is different Know that families are founded on belonging, love and care Know that physical contact can be used as a greeting Know how to make a friend Know who to ask for help in the school community Know that there are lots of different types of families Know the characteristics of healthy and safe friends Know about the different people in the school community and how they help	Can express how it feels to be part of a family and to care for family members Can say what being a good friend means Can identify forms of physical contact they prefer Can say no when they receive a touch they don't like Can show skills of friendship Can praise themselves and others Can recognise some of their personal qualities Can say why they appreciate a special relationship
Lesson 1 PSHE learning intention Social and emotional development learning intention	'Families.'
	- I can identify the members of my family and understand that there are lots of different types of families - I know how it feels to belong to a family and care about the people who are important to me
Lesson 2	'Making friends.'
	- I can identify what being a good friend means to me - I know how to make a new friend
Lesson 3	'Greetings.'
	- I know appropriate ways of physical contact to greet my friends and know which ways I prefer - I can recognise which forms of physical contact are acceptable and unacceptable to me
Lesson 4	'People who help us.'
	- I know who can help me in my school community - I know when I need help and know how to ask for it
Lesson 5	'Being my own best friend.'
	- I can recognise my qualities as a person and a friend - I know ways to praise myself
Lesson 6	'Celebrating my special relationships.'

	- I can tell you why I appreciate someone who is special to me - I can express how I feel about them
Vocabulary	
Belong, Same, Different, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate	

KS1 PSHE Summer 2 Changing me	
Previous learning	
In EYFS, the children were encouraged to think about how they have changed from being a baby and what may change for them in the future. They consolidated the names and functions of some of the main parts of the body and discuss how these have changed. They learnt that our bodies change in lots of different ways as we get older. The children were taught to understand that change can bring about positive and negative feelings, and that sharing these can help. They also considered the role that memories can have in managing change.	
Substantive knowledge (Key objectives in bold)	Disciplinary knowledge (Key objectives in bold)
Know the names of male and female private body parts Know that there are correct names for private body parts and nicknames, and when to use them Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these Know who to ask for help if they are worried or frightened Know that animals including humans have a life cycle Know that changes happen when we grow up Know that people grow up at different rates and that is normal Know that learning brings about change	Understand and accept that change is a natural part of getting older Can suggest ways to manage change, e.g. moving to a new class Can identify some things that have changed and some things that have stayed the same since being a baby (including the body) Can express why they enjoy learning
Lesson 1 PSHE learning intention Social and emotional development learning intention	'Life cycles.'
	- I am starting to understand the life cycles of animals and humans - I understand that changes happen as we grow and that this is OK
Lesson 2	'Changing me.'
	- I can tell you some things about me that have changed and some things about me that have stayed the same - I know that changes are OK and that sometimes they will happen whether I want them to or not
Lesson 3	'My changing body.'
	- I can tell you how my body has changed since I was a baby - I understand that growing up is natural and that everybody grows at different rates
Lesson 4	'Boys' and girls' bodies.'
	- 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 respect my body and understand which parts are private
Lesson 5	'Learning and growing.'
	- I understand that every time I learn something new I change a little bit - I enjoy learning new things

Lesson 6	'Coping with changes.'
	• I can tell you about changes that have happened in my life • I know some ways to cope with changes
Vocabulary	
Changes, Life cycles, Adulthood, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping	