

Lightmoor PSHE / RSE Programme of Study

Jigsaw units plus	Assemblies	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Autumn 1 Settling in School Rules Zones of Regulation</p> <p>Being me in my World</p>	<p><i>Wk 1: Welcome Whole school rules and Zones, Chris Quigley S.S</i></p> <p><i>Wk 2: Whole school puzzle assembly Rest of half term continue each week with picture news</i></p>	<p>Wk 1: Whole school rules and Zones WK 2: British Values posters in classes and revisit Zones</p> <p>Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p>	<p>Wk 1: Whole school rules and Zones WK 2: British Values posters in classes and revisit Zones</p> <p>Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter</p>	<p>Wk 1: Whole school rules and Zones WK 2: British Values posters in classes and revisit Zones</p> <p>Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings</p>	<p>Wk 1: Whole school rules and Zones WK 2: British Values posters in classes and revisit Zones</p> <p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p>	<p>Wk 1: Whole school rules and Zones WK 2: British Values posters in classes and revisit Zones</p> <p>Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour.</p>	<p>Wk 1: Whole school rules and Zones WK 2: British Values posters in classes and revisit Zones</p> <p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>	<p>Wk 1: Whole school rules and Zones WK 2: British Values posters in classes and revisit Zones</p> <p>Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p>
<p>Autumn 2 Celebrating Difference</p>	<p><i>Wk 1: Whole school puzzle assembly Rest of half term Continue each week with picture news</i></p>	<p>Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p>Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the</p>	<p>Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends</p>	<p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it</p>	<p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying</p>	<p>Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and</p>	<p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as</p>

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			differences in everyone	Gender diversity Celebrating difference and remaining friends	Recognising how words can be hurtful Giving and receiving compliments	Problem-solving Identifying how special and unique everyone is First impressions	respecting other cultures	conflict, difference as celebration Empathy
Spring 1 Dreams and goals	<i>Wk 1: Whole school puzzle assembly Rest of half term Continue each week with picture news</i>	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments
Spring 2 Healthy Me	<i>Wk 1: Whole school puzzle assembly Rest of half term Continue each week with picture news</i>	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid / Basic first aid Body image Relationships with food	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress

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			Linking health and happiness		important online and off line scenarios Respect for myself and others Healthy and safe choices		Healthy choices Motivation and behaviour	
Summer 1 Relationships	<i>Wk 1: Whole school puzzle assembly</i> <i>Rest of half term</i> <i>Continue each week with picture news</i>	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use
Summer 2 Expect Respect Domestic Abuse programme of study	<i>Wk 1: Whole school puzzle assembly</i> <i>Rest of half term</i> <i>Continue</i>	Wk 1: Expect Respect lesson DA whole school scheme of work.	Wk 1: Expect Respect lesson DA whole school scheme of work. Life cycles – animal and	Wk 1: Expect Respect lesson DA whole school scheme of work.	Wk 1: Expect Respect lesson DA whole school scheme of work.	Wk 1: Expect Respect lesson DA whole school scheme of work. Being unique Having a baby	Wk 1: Expect Respect lesson DA whole school scheme of work. Self- and body image Influence	Wk 1: Expect Respect lesson DA whole school scheme of work. Self-image Body image Puberty and

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Changing me	<i>each week with picture news</i>	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition.	Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change	of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition	feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition
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All units are taught in the context of our school and community at Lightmoor

Key knowledge, skills and vocabulary are identified within the Jigsaw scheme and are progressive across the year groups in school from Reception – Year 6.

Jigsaw also provides clear end points for each year groups and is compliant with all of the statutory requirements of the Relationships and Sex Education and Health Education Document.