


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

	<b>Autumn 1<sup>st</sup></b> Being Me In My World	<b>Autumn 2<sup>nd</sup></b> Celebrating Difference	<b>Spring 1<sup>st</sup></b> Dreams and Goals	<b>Spring 2<sup>nd</sup></b> Healthy Me	<b>Summer 1<sup>st</sup></b> Relationships	<b>Summer 2<sup>nd</sup></b> Changing Me
<b>EYFS Knowledge</b>	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.
<b>EYFS Vocabulary</b>	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
<b>Year 1 Knowledge</b>	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.
<b>Year 1 Vocabulary</b>	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

<p><b>Year 2 Knowledge</b></p>	<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>
<p><b>Year 2 Vocabulary</b></p>	<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>
<p><b>Year 3 Knowledge</b></p>	<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>

<b>Year 3 Vocabulary</b>	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
<b>Year 4 Knowledge</b>	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.
<b>Year 4 Vocabulary</b>	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
<b>Year 5 Knowledge</b>	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

	democracy benefits the school community.		people in a culture different to mine.		communicate with friends.	teenager and understand this brings growing responsibilities.
<b>Year 5 Vocabulary</b>	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)
<b>Year 6 Knowledge</b>	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.
<b>Year 6 Vocabulary</b>	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

		Celebration Difference Conflict				
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