



PSHE

Planning Progression Document



Intent

PSHE is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives. PSHE prepares them to manage many of the most critical opportunities, challenges and responsibilities they will face growing up in such rapidly changing and challenging times. It also helps them to connect and apply the knowledge and understanding they learn in all subjects to practical, real-life situations while helping them to feel safe and secure enough to achieve highly and are set up to succeed. We help children know how to keep themselves physically and mentally healthy.

At Sandhill PSHE is taught using the Jigsaw scheme of work. The following document explains how the scheme supports progression in learning from EYFS to Year 6. The scheme is broken up into 6 units of work with every year group works on the same unit at the same time, building on the previous years learning. As each unit is revisited each year, this allows children to really embed the knowledge, skills and understanding taught in each unit. At the end of every unit, teachers will complete a summative assessment sheet for every child, to assess whether the children are working towards, working at or working beyond the objectives within that unit.

Key:

Knowledge and Vocabulary taught in both cycles

Objectives highlighted in red are statutory RSE 'Human Reproduction' content

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

		FS1	FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World Autumn 1	Lesson 1	I understand how it feels to belong and that we are similar and different	I understand how it feels to belong and that we are similar and different	I know how to use my jigsaw journal	I can identify some of my hopes and fears for this year I know how to use my jigsaw journal	I recognise my worth and can identify positive things about myself and my achievements I can set personal goals I know how to use my jigsaw journal	I know how my attitudes and actions make a difference to the class team I know how to use my jigsaw journal	I can face new challenges positively and know how to set personal goals I know how to use my jigsaw journal	I can identify my goals for this year, understand my fears and worries about the future and know how to express them I know how to use my jigsaw journal
	Lesson 2	I understand how feeling	I can start to recognise and	I understand my rights and	I understand the rights and	I can face new challenges	I understand who is in my school	I understand my rights and	I know that there are universal rights

	happy and sad can be expressed	manage my feelings	responsibilities as a member of my class	responsibilities as a member of my class and school	positively, make responsible choices and ask for help when I need it	community, the roles they play and how I fit in	responsibilities as a citizen of my country	for all children but for many children these rights are not met
Lesson 3	I can work together and consider other people's feelings	I enjoy working with others to make school a good place to be	I understand the rights and responsibilities as a member for my class	I understand the rights and responsibilities for being a member of my class	I understand why rules are needed and how they relate to rights and responsibilities	I understand how democracy works through the school council	I understand my rights and responsibilities as a citizen of my country and as a member of my school	I understand my actions affect other people locally and globally
Lesson 4	I can use gentle hands and understand that it is good to be kind to people	I understand why it is good to be kind and use gentle hands	I know my views and values and can contribute to the learning charter	I can listen to other people and contribute my own ideas about rewards and consequences	I understand that my actions affect others and I care about other people's feelings	I understand that my actions affect myself and others I care about other people's feelings and try to empathise with them	I can make choices about my own behaviour because I understand how rewards and consequences feel	I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities
Lesson 5	I am starting to understand children's rights and this means we should all be allowed to learn and play	I am starting to understand children's rights and this means we should be allowed to learn and play	I can recognise the choices I make and understand the consequences	I understand how following the learning charter will help me and others learn	I can make responsible choices and take action	I understand how groups come together to make decisions	I understand how an individual's behaviour can impact a group	I understand how an individual's behaviour can impact a group
Lesson 6	I am learning what being responsible means	I am learning what being responsible means	I understand my rights and responsibilities within our learning charter	I can recognise the choices I make and understand the consequences	I understand my actions affect others and try to see things from their points of view	I understand how democracy and having a voice benefits the school community	I understand how democracy and having a voice benefits the school community and know how to participate in this	I understand how democracy and having a voice benefits the school community

Vocabulary		Feelings, similar, different, special, kind, family, friends, rights, gentle, kind, happy, sad, responsibility	Feelings, similar, different, special, kind, family, friends, rights, gentle, kind, happy, sad, responsibility	Belonging, rights, responsibilities, learning charter, values, rewards, proud, choices, consequences	Hopes, fears, rights, responsibilities, contribute, ideas, learning charter, rewards, consequences, choices	Worth, positive, achievements, jigsaw journal, challenges, rules, rights, responsibilities, actions, choices	Attitudes, actions, others, different, team, class, jigsaw journal, school community, rules, roles, democracy, school council, actions, others, feelings, empathy, groups, decisions,	Challenges, personal goals, jigsaw journal, rights, responsibilities, citizen, country, choices, behaviour, rewards, consequences, feelings, individual, impact	Goals, fears, worries, future, express, jigsaw journal, children, universal rights, actions, locally, globally, choices, behaviour, rewards, consequences, behaviour, impact, democracy, school community
Celebrating Difference Autumn 2	Lesson 1	I know how it feels to be proud of something I am good at	I can identify something I am good at and know everyone is good at different things	I can identify similarities between people in my class	I am starting to understand that sometimes people make assumptions about boys and girls	I understand that everyone's family is different and important to them	I understand that sometimes, we make assumptions based on what someone looks like	I understand that cultural differences sometimes cause conflict	I understand that there are different perceptions about what normal means
	Lesson 2	I can tell you one way I am special and unique	I understand that being different makes us all special	I can identify differences between people in my class	I am starting to understand that sometimes people make assumptions about boys and girls	I understand that differences and conflicts sometimes happen between family members	I understand what influences me to make assumptions based on what people look like	I understand what racism is	I understand how being different could affect someone's life
	Lesson 3	I know that all families are different	I know we are all different but the same in some ways	I can tell you what bullying is	I understand that bullying is sometimes about difference	I know what it means to be a witness to bullying	I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I am not sure	I understand that rumour spreading and name calling can be bullying behaviours	I can explain some of the ways in which one person or a group can have power over another
	Lesson 4	I know that there are lots of different houses and homes	I can tell you why I think my home is special to me	I know some people I could talk to if I feel unhappy or I am being bullied	I can recognise what is right and wrong and know how to look after myself	I understand that witnesses can make the situation better	I can tell you why witnesses sometimes join in with bullying and don't tell	I can explain the difference between direct and indirect forms of bullying	I know some of the reasons why people use bullying behaviours

						or worse by what they do			
	Lesson 5	I can tell you how I can make new friends	I can tell you how to be a kind friend	I know how to make new friends	I understand that it is ok to be different from other people and to be friends with them	I recognise that some words are used in hurtful ways	I can identify what is special about me and value the ways that I am unique	I can compare my life with people in the developing world	I can give examples of people with disabilities who lead amazing life's
	Lesson 6	I can use my words to stand up for myself	I know which words to use to stand up for myself when someone says or does something unkind	I can tell you some ways I am different from my friends	I can tell you some ways I am different from my friends	I can tell you about a time when my words affected someone's feelings and what the consequences were	I can tell you about a time when my first impression of someone changed when I got to know them	I can understand a different culture to my own	I can explain ways in which differences can be a source of conflict and a cause for celebration
Vocabulary		Feelings, proud, special, unique, family, different, new, friends, houses, homes	Identify, good, different, special, kind, friends, unkind, houses, homes	Similarities, differences, bullying, unhappy, happy, feelings, friends, different, new	Assumptions, boys, girls, different, bullying, right, wrong, identify, myself, friends	Family, different, important, conflict, family members, bullying, witness, situation, words, hurtful, feelings, consequences	Assumptions, looks, influences, bullying, witness, special, unique, value, first impression, changes	Culture, cultural, differences, conflict, racism, rumours, bullying, spreading, behaviour, direct, indirect, developing worlds, comparing, different	Perceptions, normal, different, power, bullying, behaviour, examples, disabilities, conflict, celebration, causes, amazing examples
Dreams and Goals Spring 1	Lesson 1	I understand what a challenge means	I understand that if I persevere I can tackle challenges	I can set simple goals	I can choose a realistic goal and think about how to achieve it	I can tell you about a person who has faced difficult challenges and achieved success	I can tell you about some of my hopes and dreams	I understand that I will need money to help me achieve some of my goals and dreams	I know my learning strengths and can set challenges but realistic goals for myself
	Lesson 2	I can keep trying until I can do something	I can tell you about a time I didn't give up	I can set a goal and work out how to achieve it	I can carry on trying even when I find things difficult	I can identify a dream/ambition that is important to me	I understand that sometimes hopes and dreams do not	I know about a range of jobs carried out by people I know	I can work out the learning steps I need to take to reach my goal and

		until I achieved my goal				come true and that this can hurt	and have explored how much people earn in different jobs	understand how to motivate myself to work on these
Lesson 3	I can set a goal and work towards it	I can set a goal and work towards it	I understand how to work well with a partner	I can recognise who I work well with and who is more difficult for me to work with	I enjoy facing new challenges and working out the best way for me to achieve them	I know that reflecting on positive and happy experiences can help me to counteract disappointment	I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve this	I can identify problems in the world that concern me and talk to other people about them
Lesson 4	I know some kind words to encourage people with	I can use kind words to encourage people	I can tackle a new challenge and understand this might stretch my learning	I can work well in a group	I am motivated and enthusiastic about achieving a new challenge	I know how to make a new plan and set new goals even if I have been disappointed	I can describe the hopes and dreams of young people in a different culture to mine	I can work with other people to help make the world a better place
Lesson 5	I can start to think about the jobs I would like to do when I'm older	I understand the link between what I learn now and the job I might like to do when I'm older	I can identify obstacles which might make it more difficult to achieve my challenge and can work out how to overcome them	I can tell you some ways I worked well with my group	I can recognise obstacles that might hinder my achievements and can take steps to overcome them	I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group	I understand that communicating with someone in a different culture means we learn from each other and I can identify a range of ways that we could support each other	I can describe the ways in which I can work with other people to help make the world a better place
Lesson 6	I can feel proud when I achieve a goal	I can say how I feel when I achieve a goal and know what it means to feel proud	I can tell you how I feel when I succeed at a new challenge and how I celebrate it	I know how to share success with other people	I can evaluate my own learning processes and identify how it can be better next time	I can identify the contributions made by myself and others to the groups achievements	I can encourage my peers to support young people here and abroad to meet their aspirations and suggest	I know what some people in my class like or admire about me and can accept their praise

								ways we might do this through sponsorship	
Vocabulary		Challenge, try, never give up, goals, jobs, proud, dreams, easy, hard, help, encourage	Preserve, try, tackle, challenges, achieve, goal, kind, unkind, proud, jobs	Simple goals, achieve, working hard, partner, tackle, challenges, learning, obstacles, difficulty, succeed, celebrate	Realistic goals, achieve, difficult, work, group, well, share, success, succeed	Difficulty, challenges, achieved, success, dreams, ambition, motivated, enthusiastic, obstacles, hinder, achievements, evaluate, learning, processes	Hopes, dreams, true, hurt, reflecting, positive, experiences, counteract, disappointment, new goals, achieve, success, successful, contribute, ideas, group, myself	Money, achieve, goals, dreams, jobs, different, explore, motivate, culture, communicating, learning, support, peers, abroad, inspiration, aspiration, abroad, suggest, sponsorship	Learning strengths, challenges, realistic goals, motivate, problems, concerns, help, better, admire, accept, praise
Healthy Me Spring 2	Lesson 1	I know the names for some parts of my body and am starting to understand that I need to be active and healthy	I understand that I need to exercise to keep my body healthy	I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy	I know what I need to keep my body healthy	I understand how exercise affects my body and know why my heart and lungs are such important organs	I recognise how different friendships groups are formed and how I fit into them and the friends I value the most	I know the health risks of smoking and can tell you how tobacco affects the liver, lungs and heart	I can take responsibility for my health and make choices that benefit my health and well-being
	Lesson 2	I can tell you some of the things I need to do to be healthy	I understand how moving and resting are good for my body	I know how to make healthy lifestyle choices	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed	I know that the amount of calories, fat and sugar I put into my body will affect my health	I understand that there are people who take on the roles of leaders or followers in a group and I know the role I take on in different situations	I know some of the risks of misusing alcohol, including anti-social behaviour and how it affects the liver and heart	I know about different types of drugs and their uses and effects on the body, particularly the liver and heart
	Lesson 3	I know what the word healthy means and that some foods are	I know which foods are healthy and not do healthy and can make	I know how to keep myself clean and healthy, and understand how	I understand how medicines work in my body and how important it	I can tell you my knowledge and attitudes towards drugs	I understand the facts about smoking and its effect on health, and also some of	I know and can put into practise basic emergency aid procedures(including the	I understand that some people are exploited and made to do things

	healthier than others	heathy eating choices	germs cause disease and illness I know that all household products can be harmful if not properly used	is to use them safely		the reasons people start to smoke	recovery position) and know how to get help in emergency situations	that are against the law
Lesson 4	I know how to help myself get to sleep and that sleep is good for me	I know how to help myself get to sleep and understand why sleep is good for me	I understand that medicines can help me if I feel poorly and how to use them safely	I can sort food into the correct food groups and know which foods my body needs every day to keep healthy	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe, including who to go to for help	I understand the facts about alcohol and its effect on healthy, particularly the liver and also some of the reasons people drink alcohol	I understand how the media, social media and celebrate culture promotes certain body types	I know why some people join gangs and the risk that are involved
Lesson 5	I can wash my hands and know that it is important to do this before I eat and after I go to the toilet	I can wash my hands thoroughly and understand why this is so important especially before I eat and after I go to the toilet	I know how to keep safe when crossing the road and about people who can help me stay safe	I can make some healthy snacks and explain why they are good for my body	I can identify when something feels safe or unsafe	I can recognise when people are putting me under pressure and can explain ways to resist this when I want to	I can describe the different roles that food plays in peoples life's and can explain how people can develop eating disorders relating to body image pressure	I understand what it means to be emotionally well and can explore people attitudes towards mental health/illness
Lesson 6	I know what do to if I get lost and how to say no to strangers	I know what a stranger is and how to stay safe if a stranger approaches 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 decide which foods to eat to give my body energy	I understand how complex my body is and how important it is to take care of it	I know myself well enough to have a clear picture of what I believe is right and wrong	I know what makes a healthy lifestyle including eating healthy and the choices I need to make to be happy and heathy	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse

Vocabulary		Fit, healthy, body, active, heart, breathing, food, clean, sleep, no, safe, lost, help, stranger	Exercise, body, healthy, unhealthy, sleep, rest, stranger, eat, wash hands	Different, healthy, unhealthy, lifestyle choices, clean, germs, disease, illness, households, products, harmful, medicines, safely, road safety, amazing, safe	Body, healthy, relaxed, stressed, medicines, safely, food, food groups, healthy snacks, energy	Body, exercise, heart, lungs, organs, calories, fat, sugar, health, attitudes, drugs, people, places, safe, strategies, unsafe, feelings, complex	Relationships, different, groups, friends, values, roles, leaders, followers, situations, smoking, health, alcohol, pressure, resist, liver, right, wrong, believes	Health risks, smoking, tobacco, liver, lungs, heart, organs, risks, misuse, alcohol, anti-social behaviour, emergency, recovery position, procedures, situations, media, social media, culture, celebrity culture, body type, roles, body pressure, eating disorders, healthy lifestyle, unhealthy, happy, choices	Responsibilities, health, benefits, wellbeing, drugs, liver, heart, exploit, laws, gangs, risks, emotionally well, attitudes, mental health, illness, triggers, stress, drugs, alcohol, misuse
Relationships Summer 1	Lesson 1	I can tell you about my family	I can identify some of the jobs I do in my family and how I feel like I belong	I can identify the member of my family and understand there are lots of types of families	I can identify the different members of my family and understand my relationship with them	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations of males and females	I can recognise situations that can cause jealousy in relationships	I have an accurate picture of who I am as a person in terms of my personality and my qualities	I know why it is important to take care of my mental health
	Lesson 2	I understand how to make friends if I feel lonely	I know how to make friends to stop myself from feeling lonely	I can identify what being a good friend means to me	I understand that there are lots of forms of physical contact within a family and that some is acceptable and some is not	I can identify and put into practise some of the skills of friendships	I can identify someone I love and say why they are special to me	I understand that belonging to an online community can have negative and positive consequences	I know how to take care of my mental health

	Lesson 3	I can tell you some of the things I like about my friends	I can think of ways to solve problems and stay friends	I know appropriate ways of physical contact to greet my friends and know which ways I prefer	I can identify some of the things that cause conflict with my friends	I know and can use some strategies for keeping myself safe online	I can tell you about someone I know who I no longer see	I understand there are rights and responsibilities in an online community or social network	I understand that there are different stages of grief and that there are different types of loss that cause people to grief
	Lesson 4	I know what to say and do if someone is mean to me	I can start to understand the impact of unkind words	I know who can help me in my school community	I recognise that sometimes it is good to keep a secret and sometimes it is not	I can explain how some of the actions and work of people around the world influence my life	I can recognise that friendships change and how to manage when I fall out with my friends	I understand there are rights and responsibilities when playing an online game	I can recognise when people are trying to gain power or control
	Lesson 5	I can use calm me time to manage my feelings	I can use calm me time to manage my feelings	I can recognise my qualities as a person and as a friend	I recognise and appreciate some of the people that can help me, my family and my community	I understand how my needs and rights are shared by children across the world and can identify how are life's may be different	I understand what it means to have a boyfriend/girlfriend and that this is a special relationship for when I am older	I can recognise when I am spending too much time playing devices	I can judge whether something online is safe and helpful for me
	Lesson 6	I can work together and enjoy being with my friends	I know how to be a good friend	I can tell you why I appreciate someone who is special to me	I can express my appreciation for my special friendships	I know how to express my appreciation to my friends and family	I know how to show love and appreciation to the people and animals that are special to me	I can explain how to stay safe when using technology to communicate with my friends	I can use technology positively and safely to communicate with my friends and family
Vocabulary		Friends, bullying, falling out, lonely, friends, happy, angry, help, stop, gentle, family, jobs	Jobs, family, friends, lonely, solve problems, words, unkind, kind, feelings, good friend	Family members, friend, appropriate, physical contact, help, school community, recognise, qualities, person, friend, appreciate, special	Different, family members, relationships, physical contact, family, acceptable, unacceptable, conflict, friends, secrets, community, appreciation,	Roles, responsibilities, family, expectations, males, females, identify, practise, skills, friendships, strategies, safe, online, actions, influence, needs, rights, children,	Situations, jealousy, relationships, love, special, friendships, friends, boyfriend, girlfriend, special, older, appreciation, animals, people	Accurate, person, personality, qualities, belonging, online, community, positive, negative, consequence's, rights, responsibilities,	Mental health, take care, important, stages, grief, loss, causes, different, power, technology, online, safe, unsafe, communicating, friends, family,

					special friendships	express, appreciation		community, social network, online, gaming, safe, unsafe, technology, communicating, friends	
Changing Me Summer 2	Lesson 1	I can name parts of my body	I can name parts of my body	I can start to understand the life cycles of animals and humans	I can recognise cycles of life in nature	I understand that in animals and humans lots of changes happen between conception and growing up and that usually it is the female that has the baby	I understand that some of my personal characteristics have come from my birth parents because I am made from their egg and sperm	I am aware of my own self-image and how my body image fits into that	I am aware of my own self-image and how my body image fits into that
	Lesson 2	I can tell you some things I can do and some foods I can eat to be healthy	I can tell you some foods I can eat to be healthy	I can tell you some things about me that have changed and stayed the same	I can tell you about the natural processes of growing from young to old and understand this is not in my control	I understand how babies grow in their mothers uterus I understand what a baby needs to live and grow	I can correctly label the external and internal parts of the male and female body that are used to make a baby	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally
	Lesson 3	I understand that we all start as babies then grow into children and adults	I understand that we all start as babies then grow into children and adults	I can tell you how my body has changed since I was a baby	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	I understand how our bodies need to change so when we grow up our bodies can make babies I identify how our bodies change on the outside during this growing up process	I can describe how a females body changes so she is able to make a baby when she is older and the menstruation is part of this process	I can describe how girls and boy bodies change during puberty	I can describe how a baby changes from conception to nine months of pregnancy and how it is born

	Lesson 4	I know that I grow and change	I can express how I feel about moving to FS2/YEAR 1	I can tell you the parts of our bodies that make girls different from boys	I can recognise the physical difference between boys and girls, use the correct names for body parts and that some parts of the body are private	I understand how our bodies change on the inside during this growing up process and I can say why these changes are necessary to make babies when we grow up	I know how the cycle of change works and can apply it to changes I want to make in my life	I understand that sexual intercourse leads to conception and that is usually how babies are made I understand that sometimes people need IVF to help them have a baby	I understand how being physically attracted to someone brings the nature of the relationship and that might mean having a girlfriend/boyfriend
	Lesson 5	I can talk about how I feel moving to school from nursery	I can talk about my worries and things I am looking forward to in FS2/YEAR 1	I understand every time I learn something new I change a little	I understand there are different types of touch and which ones I like and don't like	I start to recognise stereotypical ideas I may have about parenting and family roles	I can identify changes that are outside of my control that I have to learn to accept	I can identify what I am looking forward to about becoming a teenager and that this brings growing responsibility	I am aware of the importance of self-esteem and what I can do to develop it
	Lesson 6	I can remember some fun things about nursery this year	I can share my memories of my best times in FS1/FS2	I can tell you about changed that have happened in my life	I can tell you what I am looking forward to when I move to my next class	I can identify what I am looking forward to when I move to my next class	I can identify what I am looking forward to when I move to my next class	I can identify what I am looking forward to about moving to my next class	I can identify what I am looking forward to about moving to my next class
Vocabulary		Body, body parts (eye, ear etc), babies, fit, healthy, good for you, grow, change, worry, excited, remember	Body, body parts, food, healthy, unhealthy, babies, adults, changes, feelings, worries, memories	Life cycles, animals, humans, change, same, body, baby, girls, boys, different, learn, new	Life cycles, nature, natural processes, growing, young, old, control, baby, continuum, physical differences, boys, girls, body parts, private parts, touch,	Animals, humans, change, conception, growing up, female, baby, mothers, uterus, live, grow, change, bodies, processes,	Personal characteristics, birth parents, egg, sperm, external, reproduction, internal, body parts, female, male, baby, menstruation, change, life, control	Self-image, body-image, girls, boys, change, bodies, puberty, physically, emotionally, sexual intercourse, conception, babies, IVF, teenager,	Self-image, body-image, girls, boys, body, changes, puberty, physically, emotionally, conception, pregnancy, babies, born, reproduction, attracted, relationship, girlfriend, boyfriend, self-

								growing, responsibility,	esteem, worries, secondary school
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