

PSHE

JIGSAW	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	I can tell some ways I am different from my friends.	I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.	I can tell you why I appreciate someone who is special to me.	I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for private area and give reasons why they are private.
Year 2	I can identify some ways in which my friend is different from me.	I can explain some of the ways I worked cooperatively in my group to create the end product.	I can make some healthy snacks and explain why they are good for my body.	I can identify some of the things that cause conflict between me and friends.	I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't.
Year 3	I can tell you about a time when my words affected someone's feelings and what the consequences were.	I can evaluate my own learning process and identify how it can be better next time.	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 can explain how some of the actions and work of people around the world help and influence my life.	I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.
Year 4	I can tell you when my first impression of someone changed as I got to know them.	I know how to make a plan and set new goals even if I have been disappointed.	I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.	I can explain different points of view on an animal rights issue.	I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.
Year 5	I can explain the differences between direct and indirect types of bullying.	I can describe the dreams and goals of a young person in a culture different from mine.	I can describe the different roles food can play in people's lives and can explain how people can develop eating problems relating to body image pressures.	I can explain how to stay safe when using technology to communicate with my friends.	I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.
Year 6	I can explain ways in which difference can be a source of conflict or a cause for celebration.	I can describe some ways in which I can work with other people to help make the world a better place.	I can evaluate when alcohol is being used responsibly, anti-socially or being misused.	I can recognise when people are trying to gain power or control.	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.

All the units can be supplemented by 'Happy Me Healthy Me' curriculum.

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Sandwell Healthy Me, Happy Me curriculum.

Years 1, 3, 5	Years 2, 4, 6
Friendships – Considering other peoples emotions and perspectives, working together, Social problem solving.	All about me – Self-awareness, understanding feelings, Self-Esteem, Self-Regulation
Belonging – Celebrating differences, Attachment, Respecting others, Culture, Supporting others	Resilience and coping – Conflict management, Positive coping strategies, Reframing failure, Facing adversity, Self-regulation, Responsible decision making, Self-management.
My Wider World – Being a member of my community, Celebrating community/differences, Cultural awareness.	Being the best I can be – Effective learning, Setting/planning/reaching goals, Creativity, High expectations.