

PSHE Curriculum Map 2025 - 2026

Jigsaw

There are six core themes, **'Threads of Learning'**, throughout our PSHE lessons: Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me. Teaching develops throughout the school by revisiting themes year on year, building on and extending prior learning according to the age and needs of the pupils.

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World 'Thread of Learning' from EYFS to Year 6	<ul style="list-style-type: none"> I can make positive relationships I can speak to others with confidence I can listen and follow rules I can accept changes to routine I can talk about feelings 	<ul style="list-style-type: none"> I can explain why my class is a happy and safe place to learn. I can give different examples where I or others make my class happy and safe. 	<ul style="list-style-type: none"> I can explain why my behaviour can impact on other people in my class. I can compare my own and my friends' choices and can express why some choices are better than others. 	<ul style="list-style-type: none"> I can explain how my behaviour can affect how others feel and behave. I can explain why it is important to have rules and how that helps me and others in my class. I can explain why it is important to feel valued. 	<ul style="list-style-type: none"> I can explain why being listened to and listening to others is important in my school community. I can explain why being democratic is important and can help me and others valued. 	<ul style="list-style-type: none"> I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context. 	<ul style="list-style-type: none"> I can explain how my choices can have an impact on people in my immediate community and globally. I can empathise with others in my community and globally and explain how this can influence the choices I make.
Celebrating Difference 'Thread of Learning' from EYFS to Year 6	<ul style="list-style-type: none"> I can work as part of a team I can listen to others I can say/show some ways that I am different from my friends I can say/show why I am special and unique I can show sensitivity to the likes and dislikes of others 	<ul style="list-style-type: none"> I can tell you some ways I am different from my friends I understand these differences make us all special and unique 	<ul style="list-style-type: none"> I can identify some ways in which my friend is different from me I can tell you why I value this difference about him/her 	<ul style="list-style-type: none"> I can tell you about a time when my words affected someone's feelings and what the consequences were I can give and receive compliments and know how this feels 	<ul style="list-style-type: none"> I can tell you a time when my first impression of someone changed as I got to know them I can explain why it is good to accept people for who they are 	<ul style="list-style-type: none"> I can explain the differences between direct and indirect types of bullying I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied 	<ul style="list-style-type: none"> I can explain ways in which difference can be a source of conflict or a cause for celebration and can show empathy with people in either situation
Dreams and Goals 'Thread of Learning'	<ul style="list-style-type: none"> I can try new activities with confidence I can ask others for help 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> I can explain some of the ways I worked cooperatively in my group to create the end product 	<ul style="list-style-type: none"> I can evaluate my own learning process and identify how it can be better next time I am confident in sharing my 	<ul style="list-style-type: none"> I know how to make a new plan and set new goals even if I have been disappointed 	<ul style="list-style-type: none"> I can describe the dreams and goals of a young person in a culture different from mine and can reflect on how these relate to my own 	<ul style="list-style-type: none"> I can describe some ways in which I can work with other people to help make the world a better place

<p>from EYFS to Year 6</p>	<ul style="list-style-type: none"> I can talk about how I feel as I try new things I can share some ideas about what I would like to do or try 	<p>my internal treasure chest</p>	<ul style="list-style-type: none"> I can express how it felt to be working as part of this group 	<p>success with others and know how to store my feelings of success in my internal treasure chest</p>	<ul style="list-style-type: none"> I know what it means to be resilient and to have a positive attitude 		<ul style="list-style-type: none"> I can identify why I am motivated to do this
<p>Healthy Me 'Thread of Learning' from EYFS to Year 6</p>	<ul style="list-style-type: none"> I can keep myself healthy by washing my hands and going to the toilet independently I can dress independently I can talk about some of the ways to keep healthy and safe I can say what is right and wrong 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> I can make some healthy snacks and explain why they are good for my body I can express how it feels to share healthy food with my friends 	<ul style="list-style-type: none"> 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 express how being anxious or scared feels 	<ul style="list-style-type: none"> I can recognise when people are putting me under pressure and can explain ways to resist this when I want to I can identify feelings of anxiety and fear associated with peer pressure 	<ul style="list-style-type: none"> I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I respect and value my body 	<ul style="list-style-type: none"> I can evaluate when alcohol is being used responsibly, anti-socially or being misused I can tell you how I feel about using alcohol when I am older and my reasons for this
<p>Relationships 'Thread of Learning' from EYFS to Year 6</p>	<ul style="list-style-type: none"> I can talk about someone who is special to me I can work as part of a team I can play cooperatively and take turns I can adapt my behaviour 	<ul style="list-style-type: none"> I can tell you why I appreciate someone who is special to me and express how I feel about them 	<ul style="list-style-type: none"> I can identify some of the things that cause conflict between me and my friends I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends 	<ul style="list-style-type: none"> I can explain how some of the actions and work of people around the world help and influence my life and can show an awareness of how this could affect my choices 	<ul style="list-style-type: none"> I can explain different points of view on an animal rights issue and express my own opinion and feelings on this 	<ul style="list-style-type: none"> I can explain how to stay safe when using technology to communicate with my friends I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others 	<ul style="list-style-type: none"> I can recognise when people are trying to gain power or control I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
<p>Changing Me 'Thread of Learning' from EYFS to Year 6</p>	<ul style="list-style-type: none"> I can join in with songs/rhymes about the body I know the 'Pants Rule' I can talk about what I was like when I was a baby I can say how I have changed since I was a baby 	<ul style="list-style-type: none"> 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 I respect my body and understand which parts are private 	<ul style="list-style-type: none"> I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private I can tell you what I like/don't like about being a boy/ girl 	<ul style="list-style-type: none"> I can identify how boys' and girls' bodies change on the inside 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 I recognise how I feel about these changes happening to me and know how to cope with these feelings 	<ul style="list-style-type: none"> I can identify what I am looking forward to when I am in Year 5 I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this 	<ul style="list-style-type: none"> I can describe how boys' and girls' bodies change during puberty I can express how I feel about the changes that will happen to me during puberty 	<ul style="list-style-type: none"> I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born and I recognise how I feel when I reflect on the development and birth of a baby