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|  | Autumn 1 | Autumn 2 | Spring  1 | Spring  2 | Summer 1 | Summer 2 |
| Jigsaw | Being Me in My World | Celebrating Difference | Dreams & Goals | Healthy Me | Relationships | Changing Me |
| EYFS | Recognising and managing their feelings. | Understanding that everyone is good at different things. | Discuss not giving up and trying until they achieve their goal. | Learn about their bodies. | Key relationships in their lives. | Understanding that change can bring about positive and negative feelings. |
| Year 1 | PM Unit 1.1  Online Safety (4)  Discuss rights and responsibilities and choices and consequences. | Explore similarities and differences between people and how these make us unique. | Setting simple goals and how to achieve them. | Explore hygiene and keeping themselves clean. | Consider their own significant relationships. | PM Unit 1.9 Technology outside school (2)  Pupils are taught the correct words for private parts and that nobody has the right to hurt them. |
| Year 2 | Recognising when they should ask for help and who. | PM Unit 2.2  Online Safety (3)  Explore that boys and girls have differences and similarities and that is OK. | Discuss perseverance when they find things difficult. | PM Unit 2.5 Effective Searching (3)  Consider what makes them feel relaxed and stressed. | They learn about two types of secrets and why worry secrets should always be shared with a trusted adult. | Pupils are re-taught the correct words for private parts and reminded that nobody has the right to hurt them. |
| Year 3 | Recognise their self- worth. | PM Unit 3.2  Online Safety (3)  Learn about families and that they are all different. | Identify their own dreams and ambitions. | PM Unit 3.5 Email Safety (6)  Learn about different types of drugs. | Online relationships through games and apps are explored. | Children discuss how they feel about puberty. |
| Year 4 | Talk about attitudes and actions and their effect on the whole class. | PM Unit 4.2  Online Safety (4)  The concept of judging people by their appearance or first impressions. | How to cope with feelings of disappointment. | Learn about peer pressure and how to deal with it successfully. | Focus on emotional aspects of relationships and friendships. | Explore feelings related to change and how to manage these. |
| Year 5 | Learn about their own behaviour and its impact on a group. | PM Unit 5.2  Online Safety (3)  Explore culture and cultural differences. | Compare their own dreams and goals to children in different cultures. | Explore negative body image pressures. | Learn about the importance of self-esteem and ways this can be boosted. | Children re-visit self-esteem, self-image, and body image. |
| Year 6 | To set goals and discuss their fears and worries about the future. | PM Unit 6.2  Online Safety (2)  Discuss that for some people, being different is difficult. | Working on giving praise and compliments to others. | Taking responsibility for their own physical and mental health. | How to take care of their own mental well-being. | Learning about different relationships and the importance of mutual respect. |