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<th>CLASS/YEAR</th>
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<td>Jigsaw PSHE – Being Me in My World</td>
<td>Jigsaw PSHE – Celebrating Difference (including anti bullying)</td>
<td>Jigsaw PSHE – Dreams and Goals</td>
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**Y1**

- **How do we keep safe?**
  - Keeping safe in familiar and unfamiliar situations; household products (including medicines) can be harmful; secrets and surprises; appropriate/appropriate touch; who helps keep us safe; asking for help.
- **How do we decide how to behave?**
  - Class rules; respecting others’ needs; behaviour; listening; feelings and bodies can be hurt.
- **How do we feel?**
  - Different kinds of feelings; strategies to manage feelings; change and loss.
- **What makes us special?**
  - Respecting similarities and differences between people; special people; that everyone is unique; but that everyone has similarities.
- **What can we do with money?**
  - Where money comes from; spending; saving; keeping money safe.

**Y2**

- **How do we show our feelings?**
  - Different kinds of feelings; strategies to manage feelings; change and loss; recognising how others are feeling; sharing feelings.
- **What is bullying?**
  - What hurts; bullying and bullying is wrong; what to do about bullying; unsafe secrets; inappropriate touch; what to do if it happens.
- **How can we eat well?**
  - Things that keep bodies and minds healthy (activity, rest, food); hygiene routines; healthy choices.
- **What are the rules that keep us safe?**
  - Importance of school rules for health and safety; hygiene routines; difference between appropriate and inappropriate touch; how to respond; keeping safe in local environment; how to get help in an emergency; people who help them stay safe.
- **What can we do in different places?**
  - Group and class rules and why they are important; respecting own and others’ rights and need; privacy; looking after the environment.

**Y3**

- **How can we describe our feelings?**
  - What is the same and different about us; recognise what they are good at; set simple goals; growing; and changing and being more independent; naming body parts correctly (including external genitalia); belonging to different groups.
- **How can we describe our feelings?**
  - What is bullying? Hurtful teasing and bullying is wrong; what to do about bullying; unsafe secrets; inappropriate touch; what to do if it happens.
- **What can we do about bullying?**
  - Recognising bullying; how to respond and ask for help; people who help them stay healthy and safe.
- **Who are we?**
  - Difference and diversity of people living in the UK; values and customs of people around the world; stereotypes.
- **How can we keep safe in our local area?**
  - Managing risk in familiar situations and the local environment; feeling negative pressure and managing this; recognising and managing dangers; actions affect themselves and others; people who help them stay healthy and safe.

**Y4**

- **How do we grow and change?**
  - Changes that happen at puberty; keeping good hygiene; describing intensity of feelings to others; managing complex emotions; different types of relationships; what makes a healthy relationship (friendship); maintaining positive relationships; who is responsible for their health and wellbeing; to ask for advice.
- **How can we be a good friend?**
  - Recognise wider range of feelings in others; responding to other’s feelings.
- **Who are we?**
  - Difference and diversity of people living in the UK; values and customs of people around the world; stereotypes.
- **How can we keep safe in our local area?**
  - Managing risk in familiar situations and the local environment; feeling negative pressure and managing this; recognising and managing dangers; actions affect themselves and others; people who help them stay healthy and safe.

**Y5**

- **What choices help health?**
  - What makes a balanced lifestyle; making choices; what is meant by a habit; drugs common to everyday life; who helps them stay healthy and safe.
- **What does discrimination mean?**
  - Actions can affect self and others; discrimination, teasing and bullying; stereotypes; differences and similarities between people; personal boundaries.
- **What makes a community?**
  - What it means to be in a community; groups and individuals that support the local community; voluntary, community and pressure groups; appreciating the range of identities in the UK; values and customs of people living around the world.
- **What makes us enterprising?**
  - Different ways of achieving and celebrating personal goals; high aspirations; growth mind-set; setting up an enterprise; what enterprise means for work and society.
- **How can we manage our money?**
  - About the role of money; ways of managing money; being a critical consumer; that images in the media do not necessarily reflect reality.

**Y6**

- **What makes a healthy and happy relationship?**
  - Different relationships; what makes positive; healthy relationships; recognise when relationships are unhealthy; committed; loving relationships (including marriage, civil partnership); human reproduction.
- **What can we do about risk?**
  - Increased independence and responsibility; strategies for managing risk; different influences; resisting unhealthy pressure; personal safety; managing requests for images; how anti-social behaviours affect wellbeing; how to handle anti-social or aggressive behaviours.
- **What affects our health and wellbeing?**
  - What positively and negatively affects health; informed choices; balanced lifestyle; how drugs can affect health and safety; the law and drugs; who is responsible for their health and wellbeing.
- **What are human rights?**
  - Why and how laws are made; taking part in making and changing rules; importance of human rights; rights of the child; right to protect their bodies (including FGM or forced marriage); confidentiality and when to break a confidence.
- **How can money affect us?**
  - Finance and its role in people’s lives; being a critical consumer; what is meant by interest, loan, debt, tax; how resources are allocated and how this affects individuals, communities and the environment; research and debate health and wellbeing issues.