

Subject Statement:

At Woodfield the aims for PSHE are to help pupils develop the knowledge, skills and understanding they need to keep themselves healthy, safe and prepared for life and work. The curriculum should contribute to pupils becoming respectful and responsible citizens who make a positive contribution to society. Pupils explore and develop their own values, whilst recognising that those of others may differ from their own.

The citizenship aims outlined in the national curriculum are also channelled through Personal Development. These include pupils acquiring a sound knowledge and understanding of how the UK is governed, it's political system and how citizens participate in its democratic systems of government; developing knowledge and understanding of the role of law and the justice system in our society and how laws are shaped and enforced; developing an interest in, and commitment to, participation in volunteering as well as other forms of responsible activity, that they will take into adulthood; and helping equip pupils with the skills to think critically and debate political questions, to enable them to manage their money on a day-to-day basis, and plan for future financial needs.

These aims meet the needs of the national curriculum. The statutory content is covered by learning opportunities across the three core themes: 'Health and Wellbeing', 'Relationships' and 'Living in the Wider World'. The Personal Development programme also covers economic wellbeing, careers and enterprise education, as well as education for personal safety.

The sequence of learning has been designed in accordance with PSHE Association guidance to ensure it is age and stage appropriate. Due to the needs of the children there has been some adapting of the sequence of learning and the content. The scheme of work used is Jigsaw, supported and extended with resources from a variety of sources dependent upon the needs of our pupils.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Orange Cycle 1	Being Me in My World. Age 4-5. Jigsaw online Resources. 1) Who...Me? 2) How am I feeling today? 3) Being at School 4) Gentle Hands 5) Our Rights – School Charter	Celebrating Difference. Age 4-5. Jigsaw online resources. 1) What am I Good At? 2) I'm Special, I'm Me!! 3) Families 4) Homes 5) Making Friends 6) Standing Up for Yourself	Dreams and Goals. Age 4-5. Jigsaw online resources. 1) Challenge 2) Never Giving Up 3) Setting a Goal 4) Obstacles and Support 5) Flight To The Future 6) Footprint Awards	Healthy Me. Age 4-5. Jigsaw online resources. 1) Everybody's Body 2) We Like to Move it, Move it! 3) Food, Glorious Food! 4) Sweet Dreams 5) Keeping Clean 6) Safe Adults	Relationships. Age 4-5. Jigsaw online resources. 1) My Family and Me 2) Make Friends, Make friends Part 1 3) Make Friends, Make Friends Part 2 4) Falling Out and Bullying Part 1 5) Falling Out and Bullying Part 2	Changing Me. Age 4-5. Jigsaw online resources. 1) My Body 2) Respecting My Body 3) Growing Up 4) Fun and Fears Part 1 5) Fun and Fears Part 6) Celebration

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	6) Our Responsibilities				6) Being The Best Friends We can Be	
Orange Cycle 2	Being Me in My World. Age 5-6. Jigsaw online resources. 1) Special and safe 2) My class 3) Rights and Responsibilities 4) Rewards and Feeling Proud 5) Consequences 6) Owning our Learning Charter	Celebrating Difference. Age 5-6. Jigsaw online resources. 1) The same as 2) Different from 3) What is bullying? 4) What do I do about bullying? 5) Making new friends 6) Celebrating difference, celebrating me	Dreams and Goals. Age 5-6. Jigsaw online resources. 1) My treasure chest of success 2) Steps to goals 3) Achieving together 4) Stretchy learning 5) Overcoming obstacles 6) Celebrating my success	Healthy Me. Age 5-6. Jigsaw online resources. 1) Being healthy 2) Healthy choices 3) Clean and healthy 4) Medicine safety 5) Road safety 6) Happy, healthy me	Relationships. Age 5-6. Jigsaw online resources. 1) Families 2) Making friends 3) Greetings 4) People who help us 5) Being my own best friend 6) Celebrating my special relationships	Changing Me. Age 5-6. Jigsaw online resources. 1) Life cycles 2) Changing me 3) My changing body 4) Boys' and girls' bodies 5) Learning and growing 6) Coping with changes
Cherry Cycle 1	Being Me in My World. Age 6-7. Jigsaw online resources. 1) Hopes and fears for the year 2) Rights and Responsibilities 3) Rewards and consequences 4) Rewards and consequences 5) Our learning charter 6) Owning our learning charter	Celebrating Difference. Age 6-7. Jigsaw online resources. 1) Stereotypes 2) Stereotypes 3) Why does bullying happen? 4) Standing up for myself and others 5) Diversity 6) Celebrating difference and still being friends	Dreams and Goals. Age 6-7. Jigsaw online resources. 1) Goals to success 2) My learning strengths 3) Learning with Others 4) A group challenge 5) A group challenge 6) Celebrating our achievement	Healthy Me. Age 6-7. Jigsaw online resources. 1) Being healthy 2) Being relaxed 3) Medicine safety 4) Healthy eating 5) Healthy eating 6) Healthy, happy me	Relationships. Age 6-7. Jigsaw online resources. 1) Families 2) Keeping safe (exploring physical contact) 3) Friends and conflict 4) Secrets 5) Trust and appreciation 6) Celebrating my special relationships	Changing Me. Age 6-7. Jigsaw online resources. 1) Life cycles in nature 2) Growing from young to old 3) The changing me 4) Boys' and girls' bodies 5) Assertiveness 6) Looking ahead
Cherry Cycle 2	Being Me in My World. Age 7-8. Jigsaw online resources. 1) Getting to know each other	Celebrating Difference. Age 7-8. Jigsaw online resources. 1) Families 2) Family Conflict	Dreams and Goals. Age 7-8. Jigsaw online resources. 1) Dreams and Goals	Healthy Me. Age 7-8. Jigsaw online resources. 1) Being Fit and Healthy	Relationships. Age 7-8. Jigsaw online resources.	Changing Me. Age 7-8. Jigsaw online resources 1) How Babies Grow

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	2) Our Nightmare School 3) Our Dream School 4) Rewards and Consequences 5) Our Learning Charter 6) Owning Our Learning Charter	3) Witness and Feelings 4) Witness and Solutions 5) Words that Harm 6) Celebrating Difference – Compliments	2) My Dreams and Ambitions 3) A New Challenge 4) Our New Challenge 5) Our New Challenge – Overcoming Obstacles 6) Celebrating My Learning	2) Being Fit and Healthy 3) What Do I Know about Drugs 4) Being Safe 5) Safe or Unsafe? 6) My Amazing Body	1) Family Roles and Responsibilities 2) Friendship 3) Keeping Myself Safe Online 4) Being a Global Citizen 1 5) Being a Global Citizen 2 6) Celebrating my Web of Relationships	2) Babies 3) Outside Body Changes 4) Inside Body Changes 5) Family Stereotypes 6) Looking Ahead
Conker Cycle 1	Being Me in My World. Age 8-9. Jigsaw online resources. 1) Becoming a Class 'Team' 2) Being a School Citizen 3) Rights, Responsibilities and Democracy 4) Rewards and Consequences 5) Our Learning Charter 6) Owning our Learning Charter	Celebrating Difference. Age 8-9. Jigsaw online resources. 1) Judging by Appearances 2) Understanding influences 3) Understanding Bullying 4) Problem-solving 5) Special Me 6) Celebrating Difference: how we look	Dreams and Goals. Age 8-9. Jigsaw online resources. 1) Hopes and Dreams 2) Broken Dreams 3) Overcoming Disappointment 4) Creating New Dreams 5) Achieving Goals 6) We Did It!	Healthy Me. Age 8-9. Jigsaw online resources. 1) My Friends and Me 2) Group Dynamics 3) Smoking 4) Alcohol 5) Healthy Friendships 6) Celebrating My Inner Strength and Assertiveness	Relationships. Age 8-9. Jigsaw Online resources 1) Jealousy 2) Love and Loss 3) Memories - Puzzle outcome: Memory Box 4) Getting on and Falling Out 5) Girlfriends and Boyfriends 6) Celebrating My Relationships with People and Animals	Changing Me. Age 8-9. Jigsaw online resources. 1) Unique Me 2) Having a Baby 3) Puberty and Menstruation 4) Circles of Change 5) Accepting Change 6) Looking Ahead
Conker Cycle 2	Being Me in My World. Age 9-10. Jigsaw online resources. 1) My Year Ahead 2) Being a Citizen of My Country 3) Responsibilities 4) Rewards and Consequences 5) Our Learning Charter 6) Owning our Learning Charter	Celebrating Difference. Age 9-10. Jigsaw online resources. 1) Different cultures 2) Racism 3) Rumours and Name-calling 4) Types of Bullying 5) Does Money Matter? 6) Celebrating Difference across the world	Dreams and Goals. Age 9-10. Jigsaw online resources. 1) When I Grow Up (My Dream Lifestyle) 2) Investigate Jobs and Careers 3) My Dream Job. Why I want it and the steps to get there	Healthy Me. Age 9-10. Jigsaw online resources. 1) Smoking 2) Alcohol 3) Emergency Aid 4) Body Image 5) My Relationship with Food 6) Healthy Me	Relationships. Age 8.-10 Jigsaw Online resources 1) Recognising Me 2) Safety with Online Communities 3) Being in an Online Community 4) Online Gaming 5) My Relationship with Technology: screen time	Changing Me. Age 9-10. Jigsaw online resources. 1) Self and Body Image 2) Puberty for Girls 3) Puberty for boys 4) Conception 5) Looking Ahead 1 6) Looking Ahead 2

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			4) Dreams and Goals of Young People in Other Cultures 5) How Can We Support Each Other? 6) Rallying Support		6) Relationships and Technology	
Oak Cycle 1 8-9/9-10	Being Me in My World Age 8-9. Jigsaw online resources 1) Becoming a Class 'Team' 2) Being a School Citizen 3) Rights, Responsibilities and Democracy 4) Rewards and Consequences 5) Our Learning Charter 6) Owning our Learning Charter 9-10 Jigsaw online resources 1) My Year Ahead 2) Being a Citizen of My Country 3) Responsibilities 4) Rewards and Consequences 5) Our Learning Charter 6) Owning our Learning Charter	Celebrating Difference. Age 8-9. Jigsaw online resources. 1) Judging by Appearances 2) Understanding influences 3) Understanding Bullying 4) Problem-solving 5) Special Me 6) Celebrating Difference: how we look 9-10 Jigsaw online resources 1) Different cultures 2) Racism 3) Rumours and Name-calling 4) Types of Bullying 5) Does Money Matter? 6) Celebrating Difference across the world	Dreams and Goals. Age 8-9. Jigsaw online resources. 1) Hopes and Dreams 2) Broken Dreams 3) Overcoming Disappointment 4) Creating New Dreams 5) Achieving Goals 6) We Did It! Age 9-10. Jigsaw online resources. 1) When I Grow Up (My Dream Lifestyle) 2) Investigate Jobs and Careers 3) My Dream Job. Why I want it and the steps to get there 4) Dreams and Goals of Young People in Other Cultures 5) How Can We Support Each Other? 6) Rallying Support	Healthy Me. Age 8-9. Jigsaw online resources. 1) My Friends and Me 2) Group Dynamics 3) Smoking 4) Alcohol 5) Healthy Friendships 6) Celebrating My Inner Strength and Assertiveness Age 9-10. Jigsaw online resources. 1) Smoking 2) Alcohol 3) Emergency Aid 4) Body Image 5) My Relationship with Food 6) Healthy Me	Relationships. Age 8-9. Jigsaw Online resources 1) Jealousy 2) Love and Loss 3) Memories Puzzle outcome: Memory Box 4) Getting on and Falling Out 5) Girlfriends and Boyfriends 6) Celebrating My Relationships with People and Animals Age 9-19. Jigsaw online resources 1) Recognising Me 2) Safety with Online Communities 3) Being in an Online Community 4) Online Gaming 5) My Relationship with Technology: screen time 6) Relationships and Technology	Changing Me. Age 8-9. Jigsaw online resources. 1) Unique Me 2) Having a Baby 3) Puberty and Menstruation 4) Circles of Change 5) Accepting Change 6) Looking Ahead Age 9-10. Jigsaw online resources. 1) Self and Body Image 2) Puberty for Girls 3) Puberty for boys 4) Conception 5) Looking Ahead 1 6) Looking Ahead 2
Oak Cycle 2 11-12	Being Me in My World. Age 11-12. Jigsaw online resources. 1) Who am I? 2) My Influences	Celebrating Difference. Age 11-12. Jigsaw online resources. 1) Prejudice and Discrimination	Dreams and Goals. Age 11-12. Jigsaw online resources. 1) What are my Dreams and Goals?	Healthy Me. Age 11-12. Jigsaw online resources. 1) Mindfulness	Relationships. Age 11-12. Jigsaw Online resources 1) Qualities of healthier relationships	Changing Me. Age 11-12. Jigsaw Online resources 1) Puberty 2) Having a baby

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	3) Peer Pressure and belonging 4) My Online Identity 5) What are the consequences of what I say and do online?	2) Bubbles of Influence 3) Challenging Stereotypes 4) Human Rights and Protected Characteristics 5) Bullying	2) Achieving my Dreams and Goals 3) Coping Strategies 4) How Responsible or Risky Choices can affect a person's Dreams or Goals 5) How Making Risky or Unsafe Choices can affect a Person's Dreams or Goals	2) Nutrition and Exercise 3) Sleep 4) Stress 5) Choices	2) My changing supportive relationships 3) Getting on and falling out 4) Discerning external factors in relationships 5) Assertiveness in relationships	3) Family relationships and choices 4) Image and self-esteem 5) My changing feelings
Maple Cycle 1	Being Me in My World. Age 13-14. Jigsaw online resources. 1) Being Me in a Group 2) Expectations and Perceptions of Relationships 3) Peer Approval 4) Risks 5) Consent	Celebrating Difference. Age 13-14. Jigsaw online resources. 1) Equality 2) Understanding Difference 3) The power of Positive language 4) Bullying 5) Discrimination	Dreams and Goals. Age 13-14. Jigsaw online resources. 1) My Personal Strengths 2) The Power of Planning 3) My Dreams for my Life 4) Mental Health and Illness 5) Media Manipulation and Mental Health	Healthy Me. Age 13-14. Jigsaw online resources. 1) The Amazing Teenage Brain 2) Protecting the Teenage Brain 3) Risk Taking and Group Behaviour 4) Life Saving Skills 5) Mental Health First Aid	Relationships. Age 13-14. Jigsaw online resources. 1) Equality in Relationships 2) Assertiveness and saying No 3) Pornography and its Impact 4) Contraception 5) Consequences of Unprotected Sex	Changing Me. Age 13-14. Jigsaw online resources 1) Mental Health and Addiction 2) Change and our Emotions 3) Better Sleep 4) Resilience 5) Changing and Growing
Maple Cycle 2	Being Me in My World. Age 14-15. Jigsaw online resources. 1) Liberty and Safety in My World 2) How I feel when things end 3) How Social Media affects me, my identity and culture 4) Rated! 5) Risk	Celebrating Difference. Age 14-15. Jigsaw online resources 1) Equality – What does it mean to me in the UK? 2) Equality in the Workplace 3) Multicultural Society 4) Power in relationships 5) Challenging Inequality	Dreams and Goals. Age 14-15. Jigsaw online resources. 1) Relationships and Goals 2) Me, my goals and my Health 3) Work/Life Balance 4) A Healthy Balance 5) Health Goals and Other People	Healthy Me. Age 14-15. Jigsaw online resources 1) My Health MOT 2) Extraordinary Bodies 3) Extraordinary Minds 4) Sti's 5) Safer Sex	Relationships. Age 14-15. Jigsaw online resources. 1) Healthier, long-term relationships 2) Love and Loss 3) Healthy Connections 4) Can you Always Believe what you see? 5) Better Together?	Changing Me. Age 14-15. Jigsaw online resources 1) Changing Society and Me 2) Managing Change and Decision Making 3) Identifying Risk and Managing Personal Safety 4) Stereotypes and Exploring Relationships

						5) Physical and Emotional Changes
Palm Cycle 1	Being Me in My World. Age 14-15. Jigsaw online resources. 1) Liberty and Safety in My World 2) How I feel when things end 3) How Social Media affects me, my identity and culture 4) Rated! 5) Risk	Celebrating Difference. Age 14-15. Jigsaw online resources. 1) Equality – What does it mean to me in the UK? 2) Equality in the Workplace 3) Multicultural Society 4) Power in relationships 5) Challenging Inequality	Dreams and Goals. Age 14-15. Jigsaw online resources. 1) Relationships and Goals 2) Me, my goals and my Health 3) Work/Life Balance 4) A Healthy Balance 5) Health Goals and Other People	Healthy Me. Age 14-15. Jigsaw online resources 1) My Health MOT 2) Extraordinary Bodies 3) Extraordinary Minds 4) Sti's 5) Safer Sex	Relationships. Age 14-15. Jigsaw online resources. 1) Healthier, long-term relationships 2) Love and Loss 3) Healthy Connections 4) Can you Always Believe what you see? 5) Better Together?	Changing Me. Age 14-15. Jigsaw online resources 1) Changing Society and Me 2) Managing Change and Decision Making 3) Identifying Risk and Managing Personal Safety 4) Stereotypes and Exploring Relationships 5) Physical and Emotional Changes
Palm Cycle 2	Being Me in My World. Age 15-16. Jigsaw online resources. 1) Becoming an Adult 2) Relationships and The Law 3) The Law and You 4) Me, the Internet and The Law 5) Emergency Situation and The Law	Dreams and Goals. Age 15-16. Jigsaw online resources. 1) Managing Anxiety and Overwhelm 2) Money and Debt 3) Dream Jobs and Skill Set 4) My Future Relationships 5) What to do when things go Wrong	Healthy Me. Age 15-16. Jigsaw online resources 1) Self-Worth 2) Staying Safe in Sexual Relationships 3) Hormonal Health 4) Contraception and Sexual Health 5) Pregnancy and Choice	Relationships. Age 15-16. Jigsaw Online resources 1) Intimate romantic relationships 2) Gender Diversity and Sexuality 3) Coming Out as LGBT+ 4) Who holds all The Cards? 5) Harmful and Illegal Cultural and Social Practices		