

Somerset Bridge Curriculum Overview – PSHE Jigsaw

Each Topic has 6 puzzle pieces to be covered on a weekly basis, whether through whole lessons, recapping learning, circle time or discussion. There are also assessment opportunities in each topic.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Subject Area	AUTUMN TERM 1 (8wks)	AUTUMN TERM 2 (7wks)	SPRING TERM 1 (6wks)	SPRING TERM 2 (6wks)	SUMMER TERM 1 (5wks)	SUMMER TERM 2 (7wks)
Reception	1-Who me? 2-How am I feeling today? 3-Being at school 4-Gentle hands 5-Our rights 6-Our responsibilities	1-What am I good at? 2-I'm special, I'm me! 3-Families 4-Houses and homes 5-Making friends 6-Standing up for yourself	1-Challenge 2-Never giving up 3-Setting a goal 4-Obstacles and support 5-Flight to the future 6-Foot print awards	1-Everybody's body 2-We like to move it, move it! 3-Food, glorious food 4-Sweet dreams 5-Keeping clean 6-Stranger danger	1-My family and me! 2-Make friends, make friends, never ever break friends part 1 3- Make friends, make friends, never ever break friends part 2 4-Falling out and bullying part 1 5- Falling out and bullying part 2 6-Being the best friends we can be	1-My body 2-Respecting my body 3-Growing up 4-Fun and fears part 1 5-Fun and fears part 2 6-Celebration
Year 1	1-Special And Safe 2-My Class 3-Rights And Responsibilities 4-Rewards And Feeling Proud 5-Consequences 6-Owning Our Learning Charter	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	1-My Treasure Chest Of Success 2-Steps To Goals 3-Achieving Together 4-Stretchy Learning 5-Overcoming Obstacles 6-Celebrating My Success	1-Being Healthy 2-Healthy Choices 3-Clean And Healthy 4-Medicine Safety 5-Road Safety 6-Happy, Healthy Me	1-Families 2-Making Friends 3-Greetings 4-People Who Help us 5-Being My Own Best Friend 6-Celebrating My Special Relationships	1-Life Cycles 2-Changing me 3-My Changing Body 4-Boys' and Girls' Bodies 5-Learning And Growing 6-Coping With Changes
Year 2	1-Hopes And Fears 2-Rights And Responsibilities 3-Rewards And Consequences 4-Rewards And Consequences 5-Our Learning Charter	1-Boys And Girls 2-Boys And Girls 3-Why Does Bullying Happen? 4-Standing Up For Myself And Others 5-Making A New Friend	1-Goals To Success 2-My Learning Strengths 3-Learning With Others 4-A Group Challenge 5-Continuing Our Group Challenge 6-Celebrating Our Achievement	1-Being Healthy 2-Being Relaxed 3-Medicine safety 4-Healthy eating 5-Healthy Eating 6-The Healthy Me Cafe	1-Families 2-Keeping Safe- exploring physical contact 3-Friends and Conflict 4-Secrets 5-Trust and Appreciation	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

	6-Owning Our Learning Charter	6-Celebrating Difference And Still Being Friends			6-Celebrating My Special Relationships	
Year 3	1-Getting to Know Each Other 2-Our Nightmare School 3-Our Dream School 4-Rewards and Consequences 5-Our Learning Charter 6-Owning Our Learning Charter	1-Families 2-Family Conflict 3-Witness and Feelings 4-Witness and Solutions 5-Words that Harm 6-Celebrating Difference: Compliments	1-Dreams and Goals 2-My Dreams and Ambitions 3-A New Challenge 4-Our New Challenge 5-Our New Challenge-Overcoming Obstacles 6-Celebrating My Learning	1-Being Fit and Healthy 2-Being Fit and Healthy 3-What Do I Know About Drugs? 4-Being Safe 5-Being Safe at Home 6-My Amazing Body	1-Family Roles and Responsibilities 2-Friendship 3-Keeping Myself safe 4-Being a Global Citizen 5-Being a Global Citizen 6-Celebrating My Web of Relationships	1-How babies Grow 2-Babies 3-Outside Body Changes 4-Inside Body Changes 5-Family Stereotypes 6-Looking Ahead
Year 4	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	1-Judging by Appearances 2-Understanding Influences 3-Understanding Bullying 4-Problem Solving 5-Special me 6-Celebrating Difference-how we look	1-Hopes and Dreams 2-Broken Dreams 3-Overcoming Disappointment 4-Creating New Dreams 5-Achieving Goals 6-We Did It!	1-My Friends and Me 2-Group Dynamics 3-Smoking 4-Alcohol 5-Healthy Friendships 6-Celebrating My Inner Strength and Assertiveness	1-Relationship web 2-Love and Loss 3-Memories 4-Are Animals Special? 5-Special Pets 6-Celebrating My Relationships with People and Animals	1-Unique me 2-Having a Baby 3-Girls and Puberty 4-Circles of Change 5-Accepting Change 6-Looking Ahead
Year 5	1-My Year Ahead 2-Being Me in Britain 3-Year 5 Responsibilities 4-Rewards and Consequences 5-Our Learning Charter 6-Owning Our Learning Charter	1-Different Cultures 2-Racism 3-Rumours and Name Calling 4-Types of Bullying 5-Does Money Matter? 6-Celebrating Difference Across the World	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 Communities 5-How We Can Support Each Other 6-Rallying Support	1-Smoking 2-Alcohol 3-Emergency Aid 4-Body Image 5-My Relationship with Food 6-Healthy Me	1-Recognising Me 2-Getting On and Falling Out 3-Girlfriends and Boyfriends 4-Girlfriends and Boyfriends 5-Relationships and Technology 6-Relationships and Technology	1-Self and Body Image 2-Puberty for Girls 3-Puberty for Boys 4-Conception 5-Looking Ahead 6-Looking Ahead to Year 6
Year 6	1-My Year Ahead 2-Being a Global Citizen 1 3-Being a Global Citizen 2 4-The Learning Charter 5-Consequences	1-Am I Normal? 2-Understanding Disability 3-Power Struggles 4-Why Bully? 5-Celebrating Difference	1-Personal Learning Goals 2-Steps to Success 3-My Dream for the World	1-Food 2-Drugs 3-Alcohol 4-Emergency Aid 5-Emotional and Mental Health	1-My Relationship Web 2-Love and Loss 1 3-Love and Loss 2 4-Power and Control 5-Being safe with Technology 1	1-Self and Body Image 2-Puberty 3-Girl Talk/Boy Talk 4-Babies-Conception to Birth 5-Attraction

	6-Owning Our Learning Charter	6-Celebrating Difference	4-Helping to Make a Difference 5-Helping to Make a Difference 6-Recognising Our Achievements	6-Managing Stress	6-Being safe with Technology 2	6-Transition to Secondary School
--	-------------------------------	--------------------------	--	-------------------	--------------------------------	----------------------------------