Woodside Primary School - PSHE Curriculum Overview

PSHE Intent

Children at Woodside will develop the knowledge, skills and attributes needed to keep themselves healthy and safe, build positive relationships, understand and value themselves and others, and prepare for life in modern Britain. Through a progressive PSHE curriculum, pupils develop emotional literacy, resilience, respect, responsible decision-making and the confidence to seek help when needed.

Curriculum structure

Jigsaw PSHE is organised through six whole-school puzzles taught in the same sequence from Nursery and Reception to Year 6. Knowledge is revisited and deepened each year so pupils build progressively secure understanding of identity and belonging, difference, aspirations, physical and mental health, relationships, bodies and change.

Year group	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Nursery & Reception Ages 3–5	Self-identity; feelings; classroom belonging; being gentle; rights and responsibilities; standing up for yourself.	Talents and being special; families and homes; making friends; similarities and difference; dealing with bullying.	Challenges; perseverance; setting goals; overcoming obstacles; seeking help; jobs and achievement.	Exercise; healthy food; sleep; keeping clean; safety; linking health and happiness.	Family life; friendships; falling out; bullying; helping others; being a good friend.	Bodies; respecting my body; growing and change; life cycles; fears; celebrations and transition.
Year 1 Ages 5–6	Feeling safe and special; class membership; rights, responsibilities and rewards; consequences; learning charter.	Similarities and differences; bullying; making new friends; celebrating everyone's strengths.	Setting goals; successes; learning styles; partner work; new challenges; overcoming obstacles.	Healthy choices; hygiene; medicine and household safety; road safety; health and happiness.	Families; friendship; physical contact preferences; people who help us; self-acknowledgement; special relationships.	Animal and human life cycles; changes since babyhood; male and female bodies; coping with change and transition.
Year 2 Ages 6–7	Hopes and fears; rights and responsibilities; rewards and consequences; fair learning; choices and feelings.	Gender assumptions; bullying; standing up for self and others; making friends; valuing difference.	Realistic goals; perseverance; learning strengths; working with others; sharing success.	Motivation; healthier choices; food and nutrition; home and outdoor safety; medicines.	Different families; boundaries and physical contact; friendship conflict; secrets; trust and appreciation.	Natural life cycles; growing older; independence; male and female bodies; assertiveness; transition.
Year 3 Ages 7–8	Personal goals; identity and worth; positivity; rules, rights and responsibilities; choices and perspectives.	Family difference and conflict; witnessing bullying; hurtful words; compliments and respect.	Ambition; difficult challenges; motivation; overcoming obstacles; evaluating learning; simple budgeting.	Exercise; food labelling and swaps; drugs and safety; respect; outdoor and water safety; asking for help.	Family roles; friendship and negotiation; online safety; global citizenship; appreciation.	How babies grow; internal and external body changes; hygiene; family stereotypes; transition.
Year 4 Ages 8–9	Class teams and school citizenship; democracy; rights and responsibilities; decisions; voice and motivation.	Assumptions and appearance; accepting self and others; influences; bullying; uniqueness and first impressions.	Hopes and dreams; disappointment; realistic goals; teamwork; resilience; celebrating achievement.	Healthy friendships; peer influence; railway safety; smoking, alcohol and vaping; assertiveness and pressure.	Jealousy; love and loss; memories; conflict; relationships; appreciation of people and animals.	Uniqueness; puberty for girls; family belonging; confidence in change; environmental change and transition.
Year 5 Ages 9–10	Planning ahead; citizenship; rights and responsibilities; behaviour and groups; democracy and participation.	Cultural difference; racism; rumours and name-calling; types of bullying; respect for other cultures.	Future dreams; money; jobs and careers; goals across cultures; charity; motivation.	Smoking, alcohol and vaping; anti-social behaviour; emergency aid; body image; food; healthy choices.	Self-worth; self-esteem; safer online communities; rights online; gaming, screen time and grooming risks.	Body image and media; puberty for girls and boys; conception including IVF; responsibility and change.
Year 6 Ages 10–11	Goals; global citizenship; children's rights; choices and consequences; group dynamics; democracy and role models.	Normality; disability; power; bullying; inclusion and exclusion; difference, conflict, celebration and empathy.	Learning goals; success criteria; emotions; making a difference; motivation; achievement and compliments.	Personal responsibility; substances; exploitation and gangs; emotional and mental health; stress management.	Mental health and support; love and loss; power and control; assertiveness; technology safety and responsibility.	Self-image and body image; puberty; conception to birth; attraction; respect and consent; sexting; transition.