

PSHE Jigsaw – Relationships – Summer 1 Coverage

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	<p>My family and me!</p> <p>Identify some of the jobs I do in my family and how I feel like I belong</p>	<p>Families</p> <p>Identify the members of my family and understand that there are lots of different types of families</p> <p>Know how it feels to belong to a family and care about the people who are important to me</p>	<p>Families</p> <p>Identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate</p> <p>Accept that everyone's family is different and understand that most people value their family</p>	<p>Family roles and responsibilities</p> <p>Identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</p> <p>Describe how taking some responsibility in my family makes me feel</p>	<p>Jealousy</p> <p>Recognise situations which can cause jealousy in relationships</p> <p>Identify feelings associated with jealousy and suggest strategies to problem-solve when this happens</p>	<p>Recognising me</p> <p>Have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>Know how to keep building my own self-esteem</p>	<p>What is mental health?</p> <p>Know that it is important to take care of my mental health</p> <p>Understand that people can get problems with their mental health and that it is nothing to be ashamed of</p>
Week 2	<p>Make friends, make friends, never ever break friends</p> <p>Know how to make friends to stop myself from feeling lonely</p>	<p>Making friends</p> <p>Identify what being a good friend means to me</p> <p>Know how to make a new friend</p>	<p>Keeping safe - exploring physical contact</p> <p>Understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not</p> <p>Know which types of physical contact I like and don't like and can talk about this</p>	<p>Friendship</p> <p>Identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener</p> <p>Know how to negotiate in conflict situations to try to find a win-win solution</p>	<p>Love and loss</p> <p>Identify someone I love and express why they are special to me</p> <p>Know how most people feel when they lose someone or something they love</p>	<p>Safety with online communities</p> <p>Understand that belonging to an online community can have positive and negative consequences</p> <p>Recognise when an online community feels unsafe or uncomfortable</p>	<p>My mental health</p> <p>Know how to take care of my mental health</p> <p>Help myself and others when worried about a mental health problem</p>
Week 3	<p>Make friends, make friends, never ever break friends</p> <p>Think of ways to solve problems and stay friends</p>	<p>Greetings</p> <p>Know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p>Recognise which forms of physical contact are acceptable and unacceptable to me</p>	<p>Friends and conflict</p> <p>Identify some of the things that cause conflict with my friends</p> <p>Demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends</p>	<p>Global connections and thinking critically</p> <p>Understand how people around the world help and influence my life and that media doesn't always show complete information</p> <p>Appreciate different cultures and question stereotypes I</p>	<p>Memories</p> <p>Tell you about someone I know that I no longer see</p> <p>Understand that we can remember people even if we no longer see them</p>	<p>Being in an online community</p> <p>Understand there are rights and responsibilities in an online community or social network</p> <p>Recognise when an online community is helpful or unhelpful to me</p>	<p>Love and loss</p> <p>Understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>Recognise when I am feeling those emotions and have strategies to manage them</p>

				might see in photos or information			
Week 4	<p>Falling out and bullying</p> <p>Start to understand the impact of unkind words</p>	<p>People who help us</p> <p>Know who can help me in my school community</p> <p>Know when I need help and know how to ask for it</p>	<p>Secrets</p> <p>Understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p>Know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this</p>	<p>Rights, needs and wellbeing</p> <p>Understand how people around the world help and influence my life and that media doesn't always show complete information</p> <p>Appreciate different cultures and question stereotypes I might see in photos or information</p>	<p>Getting on and falling out</p> <p>Recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p>Know how to stand up for myself and how to negotiate and compromise</p>	<p>Online gaming</p> <p>Know there are rights and responsibilities when playing a game online</p> <p>Recognise when an online game is becoming unhelpful or unsafe</p>	<p>Power and control</p> <p>Recognise when people are trying to gain power or control</p> <p>Demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p>
Week 5	<p>Falling out and bullying</p> <p>Use calm me time to manage my feelings</p>	<p>Being my own best friend</p> <p>Recognise my qualities as a person and a friend</p> <p>Know ways to praise myself</p>	<p>Trust and appreciation</p> <p>Recognise and appreciate people who can help me in my family, my school and my community</p> <p>Understand how it feels to trust someone</p>	<p>Being a global citizen</p> <p>Understand how my needs and rights are shared by children around the world and that everyone experiences difficult feelings sometimes</p> <p>Empathise with children whose lives are different to mine and appreciate what I may learn from them</p>	<p>Celebrating my relationships with people and animals</p> <p>Know how to show love and appreciation to the people and animals who are special to me</p> <p>Know that I can love and be loved</p>	<p>My relationship with technology: screen time</p> <p>Recognise when I am spending too much time using devices (screen time)</p> <p>Identify things I can do to reduce screen time, so my health isn't affected</p>	<p>Being online: Real or fake? Safe or unsafe?</p> <p>Judge whether something online is safe and helpful for me</p> <p>Resist pressure to do something online that might hurt myself or others</p>
Week 6	<p>Being the best friends we can be</p> <p>Know how to be a good friend</p>	<p>Celebrating my special relationships</p> <p>Tell you why I appreciate someone who is special to me</p> <p>Express how I feel about them</p>	<p>Celebrating my special relationships</p> <p>Express my appreciation for the people in my special relationships</p> <p>Am comfortable accepting appreciation from others</p>	<p>Celebrating my web of relationships</p> <p>Know how to express my appreciation to my friends and family</p> <p>Enjoy being part of a family and friendship groups</p>	<p>Keeping track of money</p> <p>Identify different ways that I can pay for things and keep track of money</p> <p>Recognise how and why people decide</p>	<p>My relationship with technology: staying happy and safe online</p> <p>Explain how to stay safe when using technology to communicate with my friends, and understand I have rights</p>	<p>Using technology responsibly</p> <p>Use technology positively and safely to communicate with my friends and family</p> <p>Take responsibility for my own safety and well-being</p>

					<p>to spend their money</p>	<p>about my personal data Use strategies to help me stay safer online including confident questioning information and saying 'no' when I feel uncomfortable</p>	<p>Girlfriends and boyfriends</p> <p>Understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older Understand that boyfriend/ girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend</p>
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