



	Being me in my	Celebrating	Dreams and	Healthy Me	Relationships	Changing Me
	world	Differences	Goals			
EYFS Foundation stage	WOrldPSED: Self-confidence Confident to try new activities, and say why they like some activities more than othersConfident to speak in a familiar group, will talk about their ideas	DifferencesUW: PeopleKnow about similaritiesand differencesbetween themselvesand othersKnow about similaritiesand differences amongfamilies, communitiesand traditions	Goals	PD: Health and Self- care Know the importance for good health of physical exercise, and a healthy diet Talk about ways to keep healthy and safe Manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently	UW: People Talk about past and present events in their own lives and in the lives of family members PSED: Making Relations Form positive relationships with adults and other children	UW: The World Make observations of animals and plants and explain why some things occur, and talk about changes
Year 1 Jigsaw	I understand the rights and responsibilities as a member of my class I know my views are valued and can contribute to the Learning Charter can recognise the choices I make and understand the consequences	I can tell you some ways I am different from my friends. I understand these differences make us all special and unique	I can tell you how I felt when I succeeded in a new challenge and how I celebrated it. I know how to store the feelings of success in my internal treasure chest	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. I can recognise how being healthy helps me to feel happy.	I can tell you why I appreciate someone who is special to me. I can express how I feel about them.	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina. I respect my body and understand which parts are private.
Year 1 NC	Respectful Relationships Being Safe	Respectful Relationships Anti-Bullying Week- Being Safe	Respectful Relationships Safer Internet Week- Online Relationships	Being Safe	Families and people who care for me	Sex Education





Year 2	I can identify some of	I can identify some	I can explain some of	I can make some	I can identify some of	I can recognise the
JIGSAW	my hopes and fears for this year I understand the rights	ways in which my friend is different from me. I can tell you why I	the ways I worked cooperatively in my group to create the end product.	healthy snacks and explain why they are good for my body.	the things that cause conflict between me and my friends.	physical differences between boys and girls, use the correct names for parts of the body
	and responsibilities for being a member of my class and school I can listen to other people and contribute my own ideas about	value this difference about him/her.	I can express how it felt to be working as part of this group.	I can express how it feels to share healthy food with my friends	I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends.	<ul> <li>(penis, testicles, vagina)</li> <li>and appreciate that</li> <li>some parts of my body</li> <li>are private.</li> <li>I can tell you what I</li> <li>like/don't like about</li> </ul>
	rewards and consequences					being a boy/ girl
Year 2 NC	Respectful Relationships	Respectful Relationships	Respectful Relationships	Science	Respectful Relationships	Sex Education
	Being Safe	Anti-Bullying Week- Being Safe	Caring Friendships Safer Internet Week- Online Relationships		Caring Friendships	
Year 3 JIGSAW	I recognise my worth and can identify positive things about myself and my achievements. I understand why rules	I can tell you about a time when my words affected someone's feelings and what the consequences were. I can give and receive	I can evaluate my own learning process and identify how it can be better next time. I am confident in sharing my success with	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.	I can explain how some of the actions and work of people around the world help and influence my life.	I can identify how boys' and girls' bodies change on the <b>outside</b> during the growing up process and can tell you why these changes are necessary so that children grow into
	are needed and how they relate to rights and responsibilities	compliments and know how this feels	others and know how to store my feelings of success in my internal treasure chest	I can express how being anxious or scared feels	awareness of how this could affect my choices.	adults. I recognise how I feel about these changes happening to me and know how to cope with
	choices and take action					these feelings.
Year 3 NC	Respectful Relationships	Respectful Relationships Anti-Bullying Week-	Respectful Relationships Caring Friendships	Being Safe	Respectful Relationships	Sex Education
	Being Safe	Being Safe	Safer Internet Week- Online Relationships			





Year 4	I understand that my	I can tell you a time	I know how to make a	I can recognise when	I can explain different	I can identify how boys
JIGSAW	actions affect myself and others; I care about other people's feelings and try to empathise with them I understand who is in my school community, the roles they play and how I fit in	when my first impression of someone changed as I got to know them. I can explain why it is good to accept people for who they are.	new plan and set new goals even if I have been disappointed. I know what it means to be resilient and to have a positive attitude	people are putting me under pressure and can explain ways to resist this when I want to. I can identify feelings of anxiety and fear associated with peer pressure.	points of view on an animal rights issue. I can express my own opinion and feelings on this	and girl's bodies change on the inside during the growing up process and can tell you how these changes are necessary to become healthy adults. (girls only) I recognise how I feel about these changes happening to me and how to cope with these feelings.
Year 4 NC	Respectful Relationships Being Safe	Respectful Relationships Anti-Bullying Week- Being Safe Caring Friendships	Respectful Relationships Safer Internet Week- Online Relationships	Being Safe	Respectful Relationships	Sex Education
Year 5 JIGSAW	I can face new challenges positively and know how to set personal goals I understand my rights and responsibilities as a British citizen and as a member of my school I understand how an individual's behaviour can impact on a group	I can explain the differences between direct and indirect types of bullying. I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied	I can describe the dreams and goals of a young person in a culture different from mine. I can reflect on how these relate to my own.	I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures. I respect and value my body	I can explain how to stay safe when using technology to communicate with my friends, I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others.	I can describe how boys' and girls' bodies change during puberty. (taught separately) I can express how I feel about the changes that will happen to me during puberty
Year 5 NC	Respectful Relationships Being Safe	Respectful Relationships Anti-Bullying Week- Being Safe	Respectful Relationships Families and people who care for me	Being Safe	Online Safety	Sex Education





	Dellig Sale	Anti-Bullying Week-	Caring Friendships		Online Salety	
NC	Relationships Being Safe	Relationships Caring Friendships	Relationships Caring Friendships		Relationships Online Safety	
Year 6	Respectful	Respectful	Respectful	Being Safe	Respectful	Sex Education
	responsibilities.					
	relate to my rights and					
	understand how these					
	rewards and consequences feel and I					
	understand how					
	behaviour because I				power or control.	
	about my own			reasons for this.	others are trying to gain	help them have a baby.
	I can make choices	situation.	motivated to do this.	when I am older and my	in situations where	people may need IVF to
		with people in either	I can identify why I am	about using alcohol	myself and my friends	I also understand how
	express them.	I can show empathy	a better place.	I can tell you how I feel	I could stand up for	made. (nom rear 5)
	and worries about the future and know how to	cause for celebration.	to help make the world a better place.	or being misused.	can demonstrate ways.	how babies are usually made. (from Year 5)
	understand my fears	a source of conflict or a	work with other people	responsibly, antisocially	gain power or control I	conception and that is
JIGSAW	for this year,	which difference can be	ways in which I can	alcohol is being used	people are trying to	intercourse can lead to
Year 6	I can identify my goals	I can explain ways in	I can describe some	I can evaluate when	I can recognise when	I understand that sexual