Jigsaw Curriculum Overview 2022-23

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| Age Group | Being Me in My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| Reception | Self-identity  Understand feelings  Being in a classroom  Being gentle  Rights and responsibilities | Identifying talents  Being special  Families  Where we live  Making friends  Standing up for yourself | Challenges  Perseverance  Goal-setting  Overcoming obstacles  Seeking help  Jobs  Achieving goals | Exercising bodies  Physical activity  Healthy food  Sleep  Keeping clean  Safety | Family life  Friendships  Breaking friendships  Falling out  Dealing with bullying  Being a good friend | Bodies  Respecting my body  Growing up  Growth and change  Fun and fears  Celebrations |
| Year 1 | Feeling special and safe  Being part of a class  Right and responsibilities  Rewards and feeling proud  Consequences  Owning the learning charter | Similarities and differences  Understanding bullying  Making new friends  Celebrating all differences | Setting goals  Identifying successes and achievements  Learning styles  Working together  Tackling new challenges  Identifying and overcoming obstacles  Feelings of success | Keeping myself healthy  Healthier choices  Keeping clean  Being safe  Medicine safety  Road safety  Linking health and happiness | Belonging to a family  Making friends  Physical preferences  People who help us  Qualities as a friend  Self-acknowledgement  Being a friend to myself  Celebrating relationships | Life-cycles  Changes in me  Changes since being a baby  Male/female bodies  Growing and learning  Coping with change  transition |
| Year 2 | Hopes and fears  Rights and responsibilities  Rewards and consequences  Safe learning  Valuing contributions  Choices  Recognising feelings | Assumptions and stereotypes about gender  Understanding bullying  Standing up for self  Making new friends  Gender diversity  Celebrating differences | Achieving goals  Perseverance  Learning strengths  Learning with others  Group co-operation  Sharing success | Motivation  Healthier choices  Relaxation  Healthy eating and nutrition  Healthier snacks | Different types of family  Physical contact boundaries  Friendship and conflict  Secrets  Trust and appreciation  Expressing ideas for relationships | Life cycles in nature  Growing from young to old  Increasing independence  Female and male bodies  Assertiveness  Preparing for transition |
| Year 3 | Setting personal goals  Self-identity and goals  Positivity in challenges  Rules, rights and responsibilities  Rewards and consequences  Responsible choices  Other people’s perspectives | Families and differences  Family conflict  Bullying and solutions  Hurtful words  Giving and receiving  Compliments | Challenges and success  Dreams and ambitions  New challenges  Motivation and enthusiasm  Overcoming obstacles  Evaluation learning  Managing feelings  Simple budgeting | Exercise  Fitness challenges  Healthy Eating  Attitudes towards drugs  Keeping safe online and offline  Respect  Healthy and safe choices | Family roles  Friendship  Keeping safe online  Global citizen  Choices affecting others  Children have different lives  Appreciation for family | How babies grow  Babies needs  Outside and inside body changes  Family stereotypes  Challenging my ideas  Transition |
| Year 4 | Part of a class team  School citizen  Rights, responsibilities and democracy  Reward and consequences  Decision-making  Having a voice  What motivates behaviour | Challenging assumptions  Appearance  Accepting others  Understanding influences  Bullying  Problem solving  Everyone special and unique  First impressions | Hopes and dreams  Getting over disappointment  Realistic dreams  Achieving goals  Working in a group  Celebrating contributions  Resilience  Positive attitudes | Healthier friendships  Group dynamics  Smoking  Alcohol  Assertiveness  Peer pressure  Inner strength | Jealousy  Love and loss  Memories of loved ones  Falling out  Girl and boyfriends  Appreciation to people and animals | Being unique  Having a baby  Girls and puberty  Confidence in change  Accepting change  Transition  Environmental change |
| Year 5 | Planning for the year  Being a citizen  Rights and responsibilities  Rewards and consequences  Behaviour affecting groups  Democracy | Cultural differences  Racism  Rumours and name-calling  Material wealth  Respecting other cultures | Future dreams  Importance of money  Jobs and careers  Dream job  Goals in cultures  Charity  Motivation | Smoking and vaping  Alcohol  Alcohol and ASB  Emergency aid  Body image  Relationships with food  Healthy choices  Motivation and behaviour | Self-recognition and self-worth  Building self-esteem  Safer online communities  Online responsibilities  Online gaming and gambling  Reducing screen time  Online grooming  SMARRT internet safety rules | Body image  Media on body image  Puberty for boys and girls  Conception  Growing responsibility  Coping with change  Transition |
| Year 6 | Identifying goals  Global citizenship  Universal rights  Feeling welcome and valued  Choices, consequences and rewards  Group dynamics  Democracy  ASB  Role-modelling | Perceptions of normality  Understanding disability  Power struggles  Bullying  Inclusion/exclusion  Differences as conflict and celebration  Empathy | Personal learning goals  Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments | Personal responsibility  How substances affect the body  Exploitation  Emotional and mental health  Managing stress | Mental health  Identify mental health worries  Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Responsibility with technology | Self-image  Body image  Puberty and feelings  Conception to birth  Reflections about change  Physical attraction  Respect and consent  Boy/girlfriends  Sexting  Transition |