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-identityUnderstand feelingsBeing in a classroomBeing gentleRights and responsibilities | Identifying talentsBeing specialFamiliesWhere we liveMaking friendsStanding up for yourself | ChallengesPerseveranceGoal-settingOvercoming obstaclesSeeking helpJobsAchieving goals | Exercising bodiesPhysical activityHealthy foodSleepKeeping cleanSafety | Family lifeFriendshipsBreaking friendshipsFalling outDealing with bullyingBeing a good friend | BodiesRespecting my bodyGrowing upGrowth and changeFun and fearsCelebrations |
| Year 1 | Feeling special and safeBeing part of a classRight and responsibilitiesRewards and feeling proudConsequencesOwning the learning charter | Similarities and differencesUnderstanding bullyingMaking new friendsCelebrating all differences | Setting goalsIdentifying successes and achievementsLearning stylesWorking togetherTackling new challengesIdentifying and overcoming obstaclesFeelings of success | Keeping myself healthyHealthier choicesKeeping cleanBeing safeMedicine safetyRoad safetyLinking health and happiness | Belonging to a familyMaking friendsPhysical preferencesPeople who help usQualities as a friendSelf-acknowledgementBeing a friend to myselfCelebrating relationships | Life-cyclesChanges in meChanges since being a babyMale/female bodiesGrowing and learningCoping with changetransition |
| Year 2 | Hopes and fears Rights and responsibilitiesRewards and consequencesSafe learningValuing contributionsChoicesRecognising feelings | Assumptions and stereotypes about genderUnderstanding bullyingStanding up for selfMaking new friendsGender diversityCelebrating differences | Achieving goalsPerseveranceLearning strengthsLearning with othersGroup co-operationSharing success | MotivationHealthier choicesRelaxationHealthy eating and nutritionHealthier snacks | Different types of familyPhysical contact boundariesFriendship and conflictSecretsTrust and appreciationExpressing ideas for relationships | Life cycles in natureGrowing from young to oldIncreasing independenceFemale and male bodies AssertivenessPreparing for transition  |
| Year 3 | Setting personal goalsSelf-identity and goalsPositivity in challengesRules, rights and responsibilitiesRewards and consequencesResponsible choicesOther people’s perspectives | Families and differencesFamily conflictBullying and solutionsHurtful wordsGiving and receivingCompliments | Challenges and successDreams and ambitionsNew challengesMotivation and enthusiasmOvercoming obstaclesEvaluation learningManaging feelingsSimple budgeting | ExerciseFitness challengesHealthy EatingAttitudes towards drugsKeeping safe online and offlineRespectHealthy and safe choices | Family rolesFriendshipKeeping safe onlineGlobal citizenChoices affecting othersChildren have different livesAppreciation for family |  How babies growBabies needsOutside and inside body changesFamily stereotypesChallenging my ideasTransition |
| Year 4 | Part of a class teamSchool citizenRights, responsibilities and democracyReward and consequencesDecision-makingHaving a voiceWhat motivates behaviour | Challenging assumptionsAppearanceAccepting othersUnderstanding influencesBullyingProblem solvingEveryone special and uniqueFirst impressions | Hopes and dreamsGetting over disappointmentRealistic dreamsAchieving goalsWorking in a groupCelebrating contributionsResiliencePositive attitudes | Healthier friendshipsGroup dynamicsSmokingAlcoholAssertivenessPeer pressureInner strength | JealousyLove and lossMemories of loved onesFalling outGirl and boyfriendsAppreciation to people and animals | Being uniqueHaving a babyGirls and pubertyConfidence in changeAccepting changeTransitionEnvironmental change |
| Year 5 | Planning for the yearBeing a citizenRights and responsibilitiesRewards and consequencesBehaviour affecting groupsDemocracy | Cultural differencesRacismRumours and name-callingMaterial wealthRespecting other cultures | Future dreamsImportance of moneyJobs and careersDream jobGoals in culturesCharityMotivation | Smoking and vapingAlcoholAlcohol and ASBEmergency aidBody imageRelationships with foodHealthy choicesMotivation and behaviour | Self-recognition and self-worthBuilding self-esteemSafer online communitiesOnline responsibilitiesOnline gaming and gamblingReducing screen timeOnline groomingSMARRT internet safety rules | Body imageMedia on body imagePuberty for boys and girlsConceptionGrowing responsibilityCoping with changeTransition |
| Year 6 | Identifying goalsGlobal citizenshipUniversal rightsFeeling welcome and valuedChoices, consequences and rewardsGroup dynamicsDemocracyASBRole-modelling | Perceptions of normalityUnderstanding disabilityPower strugglesBullyingInclusion/exclusionDifferences as conflict and celebrationEmpathy | Personal learning goalsSuccess criteriaEmotions in successMaking a difference in the worldMotivationRecognising achievementsCompliments | Personal responsibilityHow substances affect the bodyExploitationEmotional and mental healthManaging stress | Mental healthIdentify mental health worriesLove and lossManaging feelingsPower and controlAssertivenessTechnology safetyResponsibility with technology | Self-imageBody imagePuberty and feelingsConception to birthReflections about changePhysical attractionRespect and consentBoy/girlfriendsSextingTransition |