TIDBURY GREEN PRIMARY SCHOOL

Our PSHE Learning Journey

From first friendships to confident and responsible choices

We learn to understand ourselves, build positive relationships and make healthy, safe choices. Our Jigsaw curriculum revisits six themes each year, deepening understanding as children grow.

EYFS foundations: Name feelings, make friends, practise kindness, try challenges and explore healthy routines and growing up.

YEAR	AUTUMN	SPRING	SUMMER
1 Explore	**Belonging and difference** Help make our class happy and safe; recognise bullying and celebrate what makes us special.	**Goals and healthy choices** Set goals, celebrate success and learn about hygiene, road safety and using medicines safely.	**Relationships and change** Value family and friends, understand body privacy and explore how we change as we grow.
	Recognise feelings, show kindness and explain simple ways to stay healthy and safe.		
2 Develop	**Choices and fairness** Explore how choices affect others, challenge stereotypes and learn to stand up for ourselves and others.	**Perseverance and wellbeing** Work towards realistic goals, co-operate with others and explore healthy food and relaxation.	**Trust and boundaries** Resolve friendship problems, explore secrets and personal boundaries, and develop independence.
	Explain choices, work with others and recognise relationships that feel safe and supportive.		
3 Connect	**Responsibility and respect** Consider other viewpoints, explore different families and use kind words to manage conflict.	**Ambition and healthy living** Tackle challenges, try simple budgeting and explore exercise, nutrition and ways to keep safe.	**Wider connections** Explore online safety and how choices affect others; learn about growing bodies and babies' needs.
	Consider how our actions affect others, persevere with challenges and know where to seek help.		
4 Reflect	**Voice and acceptance** Explore democracy, listen to others and challenge assumptions based on appearance.	**Resilience and pressure** Learn from disappointment, set new goals and practise resisting peer pressure around risky choices.	**Feelings and growing up** Manage feelings about friendship and loss; explore puberty and how to cope with change.
	Explain different perspectives, recover from setbacks and use strategies to manage pressure.		
5 Evaluate	**Citizenship and diversity** Explore rights and responsibilities, respect cultures and challenge racism and other forms of bullying.	**Aspirations and self-care** Explore careers and money, compare ambitions and understand body image and substance risks.	**Online life and puberty** Develop safer online relationships, resist harmful pressure and learn about puberty and conception.
	Evaluate influences on choices, value ourselves and others, and take increasing responsibility.		
6 Apply	**Global citizenship** Explore how choices affect communities and the wider world; consider disability, inclusion and empathy.	**Goals and mental wellbeing** Plan ways to make a difference, manage stress and recognise substance misuse and exploitation.	**Preparing for change** Explore consent, power and control, loss and conception to birth; prepare for secondary school.
	Apply strategies to stay safe, manage change, seek support and contribute positively to our world.		

THREADS THROUGH OUR JOURNEY

Respect • Diversity • Co-operation • Healthy Living • Relationships • Changes

Each year: Being Me in My World • Celebrating Difference • Dreams and Goals
Healthy Me • Relationships • Changing Me