



## PSHE & SRE curriculum Overview 2023 2024

<p><b>EYFS</b></p>	<p><b>Being Me in My World Autumn 1</b> <b>BMPS TAPESTRY Health and Wellbeing</b> In this Puzzle (unit), the children learn about how they have similarities and differences from their friends and how that is OK. They begin working on recognising and managing their feelings, identifying different ones and the causes these can have. The children learn about working with others and why it is good to be kind and use gentle hands. The children learn what it means to be responsible.</p> <p><b>Celebrating Difference Puzzle – Autumn 2</b> <b>BMPS TAPESTRY Global</b> In this Puzzle (unit), children are encouraged to think about things that they are good at whilst understanding that everyone is good at different things. The children share their experiences of their homes and are asked to explain why it is special to them. They learn about friendship and how to be a kind friend and how to stand up for themselves if someone says or does something unkind to them.</p>	<p><b>Dreams and Goals Puzzle – Spring 1</b> <b>BMPS TAPESTRY Mindset</b> In this Puzzle, the children consider challenges and facing up to them. They discuss not giving up and trying until they have achieved their goal. The children are encouraged to think about jobs that they might like to have when they are older and are taught to associate what they learn now with being able to have the job they want. They also talk about achieving goals and the feelings linked to this.</p> <p><b>Healthy Me Puzzle – Spring 2</b> <b>BMPS TAPESTRY Health and Wellbeing</b> In this Puzzle, children learn about their bodies: the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss ‘stranger danger’ and what they should do if approached by someone they don’t know.</p>	<p><b>Relationships Puzzle – Summer 1</b> <b>BMPS TAPESTRY Health and Wellbeing</b> Children are introduced to the key relationships in their lives. They learn about families and the different roles people can have in a family. They explore the friendships they have and what makes a good friend. They are introduced to simple strategies they can use to mend friendships. The children also practise Jigsaw’s Calm Me and how they can use this when feeling upset or angry.</p> <p><b>Changing Me Puzzle – Summer 2</b> <b>BMPS TAPESTRY Health and Wellbeing</b> Children are encouraged to think about how they have changed from being a baby and what may change for them in the future. They consolidate the names and functions of some of the main parts of the body and discuss how these have changed. They learn that our bodies change in lots of different ways as we get older. Children understand that change can bring about positive and negative feelings, and that sharing these can help. They also consider the role that memories can have in managing change.</p>
<p><b>YEAR 1</b></p>	<p><b>Being Me in My World Autumn 1</b> <b>BMPS TAPESTRY Health and Wellbeing</b> In this Puzzle (unit), the children are introduced to their Jigsaw Journals and discuss their Jigsaw Charter. As part of this, they discuss rights and responsibilities, and choices and consequences. The children learn about being special and how to make everyone feel safe in their class as well as recognising their own safety.</p> <p><b>Celebrating Difference Puzzle – Autumn 2</b> <b>BMPS TAPESTRY Global</b></p>	<p><b>Dreams and Goals Puzzle – Spring 1</b> <b>BMPS TAPESTRY Mindset</b> In this Puzzle, the children talk about setting simple goals, how to achieve them as well as overcoming difficulties when they try. The children learn to recognise the feelings associated with facing obstacles to achieving their goals as well as when they achieve them. They discuss partner working and how to do this well.</p> <p><b>Healthy Me Puzzle – Spring 2</b> <b>BMPS TAPESTRY Health and Wellbeing</b></p>	<p><b>Relationships Puzzle – Summer 1</b> <b>BMPS TAPESTRY Health and Wellbeing</b> Children’s breadth of relationships is widened to include people they may find in their school community. They consider their own significant relationships (family, friends and school community) and why these are special and important. As part of the lessons on healthy and safe relationships, children learn that touch can be used in kind and unkind ways. This supports later work on safeguarding. Pupils also consider their own personal</p>



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	<p>In this Puzzle (unit), the children explore the similarities and differences between people and how these make us unique and special. The children learn what bullying is and what it isn't. They talk about how it might feel to be bullied and when and who to ask for help. The children discuss friendship, how to make friends and that it is OK to have differences/be different from their friends. The children also discuss being nice to and looking after other children who might be being bullied.</p>	<p>In this Puzzle, children learn about their bodies: the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss 'stranger danger' and what they should do if approached by someone they don't know.</p>	<p>attributes as a friend, family member and as part of a community <b>Changing Me Puzzle – Summer 2</b> <b>BMPS TAPESTRY Health and Wellbeing</b> Children are introduced to life cycles, e.g. that of a frog and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult, e.g. getting taller, learning to walk, etc. They discuss how they have changed so far and that people grow up at different rate. Change is discussed as a natural and normal part of getting older which can bring about happy and sad feelings. Children practise a range of skills to help manage their feelings and learn how to access help.</p>
<p><b>YEAR 2</b></p>	<p><b>Being Me in My World – Autumn 1</b> <b>BMPS TAPESTRY Health and Wellbeing</b> In this Puzzle (unit), the children discuss their hopes and fears for the year ahead – they talk about feeling worried and recognising when they should ask for help and who to ask. They learn about rights and responsibilities; how to work collaboratively, how to listen to each other and how to make their classroom a safe and fair place. The children learn about choices and the consequences of making different choices, set up their Jigsaw Journals and make the Jigsaw Charter. <b>Celebrating Difference - Autumn 2</b> <b>BMPS TAPESTRY Global</b> In this Puzzle (unit), the children learn about recognise gender stereotypes, that boys and girls can have differences and similarities and that is OK. They explore how children can be bullied because they are different, that this shouldn't happen and how they can support a</p>	<p><b>Dreams and Goals Puzzle – Spring 1</b> <b>BMPS TAPESTRY Mindset</b> In this Puzzle, the children explore setting realistic goals and how they can achieve them. They discuss perseverance when they find things difficult as well as recognising their strengths as a learner. The children consider group work and reflect on with whom they work well and with whom they don't. They also reflect on sharing success with other people.  <b>Healthy Me Puzzle – Spring 2</b> <b>BMPS TAPESTRY Health and Wellbeing</b> In this Puzzle, children learn about their bodies: the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss 'stranger danger' and what they should do if approached by someone they don't know.</p>	<p><b>Relationships Puzzle – Summer 1</b> <b>BMPS TAPESTRY Health and Wellbeing</b> Learning about family relationships widens to include roles and responsibilities in a family and the importance of co-operation, appreciation and trust. Friendships are also revisited with a focus on falling out and mending friendships. This becomes more formalised and the children learn and practise two different strategies for conflict resolution (Solve it together and Mending Friendships). Children consider the importance of trust in relationships and what this feels like. They also learn about two types of secret, and why 'worry secrets' should always be shared with a trusted adult. The children also learn about people who can help them if they are worried or scared.  <b>Changing Me Puzzle – Summer 2</b> <b>BMPS TAPESTRY Health and Wellbeing</b> In this Puzzle, children compare different life cycles in nature, including that of humans. They reflect on the changes that occur (not including puberty) between baby, toddler, child, teenager, adult and old age. Within this, children also discuss how independence, freedoms</p>



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	<p>classmate who is being bullied. The children share feelings associated with bullying and how and where to get help. They explore similarities and differences and that it is OK for friends to have differences without it affecting their friendship.</p>		<p>and responsibility can increase with age. Pupils are reminded that nobody has the right to hurt any parts of the body. Children practise a range of strategies for managing feelings and emotions. They are also taught where they can get help if worried or frightened. Change is taught as a natural and normal part of growing up and the range of emotions that can occur with change are explored and discussed.</p>
<p><b>YEAR</b> <b>3</b></p>	<p><b>Autumn 1 TEAM</b> <b>BMPS TAPESTRY Mindset</b> This unit is inspired by the idea that if a class team works well together, it has a positive impact on all of its members and what they can achieve. It aims to enable the children to identify the impact their actions have on the team they are working in. They learn successful teamwork skills, being considerate of others in the team and how to positively resolve any conflicts that occur.</p> <p><b>Autumn 2 It's My Body</b> <b>BMPS TAPESTRY Health and Wellbeing</b> This unit explores the choices children can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.</p>	<p><b>Spring 1 Britain</b> <b>BMPS TAPESTRY Global</b> This unit is inspired by the idea that we live in a diverse, multicultural and democratic society and that this is important and brings many benefits. It aims to enable the children to identify that they should be respectful of difference. In this unit, children learn about British people, rules, the law, liberty and what living in a democracy means. They also learn about the importance of being tolerant of differences within their society.</p> <p><b>Spring 2 Be Yourself</b> <b>BMPS TAPESTRY Health and Wellbeing</b> This unit is inspired by the idea that it is important to have confidence to be yourself. It aims to enable children to identify their strengths and achievements as well as help them to recognise different emotions they experience. In this unit, children will also explore how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations.</p>	<p><b>Summer 1 Money Matters</b> <b>BMPS TAPESTRY Entrepreneurs</b> Children think about where money comes from and how it can be used. Children will discuss how we spend money, why people might need to borrow money and the consequences of this. Children will begin to discuss the difference between things we want, things we need and how to prioritise our spending. Children will also consider what influences their spending and how we can keep track of what we spend.</p> <p><b>Summer 2 Aiming High</b> <b>BMPS TAPESTRY Mindset</b> In this unit they will learn how to apply growth mindset and learn about the importance of resilience. Opportunities will also be provided for children to share aspirations for the future, with regard to employment and personal goals. In doing this, some of the difficulties faced by stereotyping will be explored. They will think about specific skills they wish to develop to help achieve their short, mid and long term goals</p>
<p><b>YEAR</b> <b>4</b></p>	<p><b>AUTUMN 1 VIPs</b> (Very Important Persons), <b>BMPS TAPESTRY Health and Wellbeing</b> We will focus on relationships we have with our VIPs. It will look at friendships, how friendships</p>	<p><b>SPRING 1 Respecting Rights</b> <b>BMPS TAPESTRY Global</b> This unit is based on the concept that living as rights-respecting citizens is important. It is inspired by</p>	<p><b>SUMMER 1 &amp; 2 One World</b> <b>BMPS TAPESTRY Global</b> This unit is based on a case study of a fictional girl called Chiwa, who lives in Malawi. The children will explore</p>



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	<p>are formed and maintained, and the qualities of a good friend. The lessons will then move on to disputes and bullying and will address strategies for coping with each of these.</p> <p><b>AUTUMN 2 Safety First</b> <b>BMPS TAPESTRY Health and Wellbeing</b> In this unit of work, children will consider what it means to take responsibility for their own safety. This will include the decisions they make and how they can stand up to peer pressure in a range of situations. They will learn about everyday risks, hazards and dangers and what to do in risky or dangerous situations. They will learn about road safety and dangerous substances; drugs (including medicines), cigarettes and alcohol. Children will look at e-Safety, considering what should never be shared and how to report any concerns about online incidents.</p>	<p>human rights being shared by all people – no matter who they are or where they are from – and that these rights are there to protect all people, enabling them to live happy, safe, healthy and fulfilling lives.</p> <p><b>SPRING 2 Think Positive</b> <b>BMPS TAPESTRY Mindset</b> This unit helps children to understand that no one should take away their rights. It also helps children to explore the ideas of equality and discrimination and the consequences of both. They learn about how they can make choices and take actions that respect the rights of others and challenge stereotypes. They will also learn about rules – why we have them and how they help us. The lessons centre around themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mindset approach to learning.</p>	<p>different aspects of her life in each lesson. It is inspired by the idea that people’s life experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries. It aims to enable the children to explore the concepts of inequality and stereotypes and encourages them to reflect on what they can do to help make the world a fairer place. Children also learn about climate change and its effects, fair trading practices and organisations which help people like Chiwa. They will also learn about how to be a good global citizen.</p>
<p><b>Year 5</b></p>	<p><b>AUTUMN 1 TEAM</b> (Together Everyone Achieves More) <b>BMPS TAPESTRY Health and Wellbeing</b> focuses on the positive qualities of a team, learning how to disagree respectfully and communicate effectively. It looks at the key qualities and skills needed for a team to be successful. The lessons address collaborative learning and teach children how to compromise to ensure a group task is completed successfully.</p> <p><b>AUTUMN 2 Aiming High</b> <b>BMPS TAPESTRY Mindset</b> Children will focus on achievements,</p>	<p><b>SPRING 1 It’s My Body</b> <b>BMPS TAPESTRY Health and Wellbeing</b> In this unit of work, children will learn about how to take care of their bodies. This will involve learning about consent and autonomy, learning about body image and stereotypes and learning about substances which are harmful to our bodies. Children will also learn about the importance of sleep and keeping clean, especially as their bodies change during puberty. Lessons will explore the things that influence the way people think about their bodies, where different pressures can come from and how these pressures can be resisted. They will participate in boys and girls talks about periods, growing up and hormonal changes.</p> <p><b>SPRING 2 Money Matters</b></p>	<p><b>SUMMER 1 Be Yourself</b> <b>BMPS TAPESTRY Health and Wellbeing</b></p> <p>This unit is inspired by the idea that we are all individuals and that it is important to ‘be yourself’. It aims to encourage the children to develop a positive view of themselves and enable them to recognise the importance of being proud of their individuality. In this unit, children focus on the importance of recognising situations where they need to make positive choices in order to do the right thing. They also explore how to avoid being led into tricky situations and how to recognise and respond to peer pressure.</p> <p><b>SUMMER 2 Britain</b> <b>BMPS TAPESTRY Global</b></p>



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	<p>aspirations and opportunities. They will start by discussing achievements they have accomplished so far and the type of attitude that helps us succeed. They will also learn about their own personal preferred learning styles, to understand how they learn best. Children will look at challenges people face and barriers to success, then think about strategies we can use to overcome such obstacles. Stereotypes in the world of work will be addressed, as children are encouraged to consider jobs they would like to do.</p>	<p><b>BMPS TAPESTRY Entrepreneurs</b></p> <p>This unit aims to encourage children to think about how money is used in the wider world. They will discuss the possible consequences of taking financial risks and identify ways to avoid these. Children will also learn about influences advertisers try to use to encourage us to spend our money and how to see the real value of products by being critical consumers. Children will also learn about budgeting and discuss what happens if people cannot afford what they need to buy.</p>	<p>This unit is inspired by the idea that Britain represents a wide range of faiths and ethnicities and that the structures within it are there to support all. It aims to enable the children to identify how they can make a positive contribution to the community. In this unit, children learn about the law and the consequences of not respecting it.</p>
<p><b>Year 6</b></p>	<p><b>Autumn 1 VIPs (Very Important Persons)</b> <b>BMPS TAPESTRY Health and Wellbeing</b> will focus on relationships. Children will identify who their VIPs are within their families and friendship groups and how important kindness and respect are within these relationships. The unit addresses conflicts and resolutions in relationships. The children will also look healthy and unhealthy relationships.</p> <p><b>Autumn 2 Safety First</b> <b>BMPS TAPESTRY Health and Wellbeing</b> Children will consider what it means to take responsibility for their own safety, including the decisions they make and how they can stand up to peer pressure in a range of situations. They will assess the risk associated Children will look at e-Safety in detail, including social media, considering what should never be shared and how to report any concerns with incidents online.</p>	<p><b>Spring 1 Growing Up</b> <b>BMPS TAPESTRY Health and Wellbeing</b> This unit builds on the children’s knowledge of how we grow and change emotionally and physically. They will learn about positive body images and stereotypes. They will participate in boys and girls talks about menstruation, growing up and hormonal changes.</p> <p><b>Spring 2 Respecting Rights</b> <b>BMPS TAPESTRY Global</b> This unit helps children to understand that no one can take away their rights. It also aims to help the children to explore the ideas of equality and discrimination and the consequences of both In this unit, children learn about how they can make choices and take actions which respect the rights of others. They will also learn about human rights activists and how they work to make the world a better place.</p>	<p><b>Summer 1 Think Positive BMPS TAPESTRY Mindset</b> This unit is designed to help children further develop their understanding about thoughts and emotions, both positive and negative. The lessons centre around themes such as: the links between our thoughts, feelings and emotions; making good choices; mindfulness and applying a growth mindset approach to life.</p> <p><b>Summer 2 One World BMPS TAPESTRY Global</b> Children learn that we all have a responsibility to live as global citizens. It is inspired by the idea that we all have a responsibility to help the environment and all living things throughout the world through the choices we make. It enables them to explore the ideas of sustainability, the use of the earth’s natural resources and the harmful effects.</p>