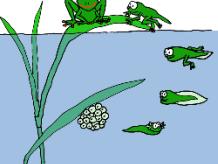


Curriculum Overview: PSHE

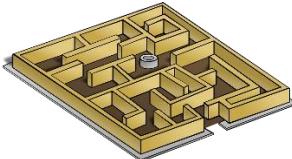
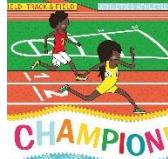
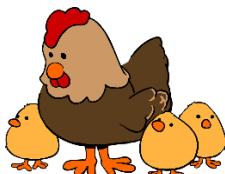
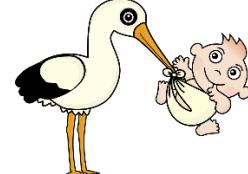
PSHE at Morningside

Don't Worry Be Happy!

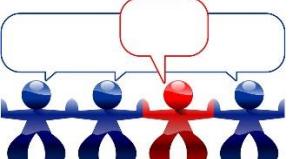
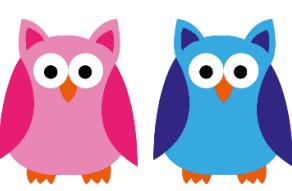
Jigsaw brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Mindful children can more readily choose their responses to situations rather than react while caught up in the thought-flows and emotions.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	 <p>Being me in my world</p> <ul style="list-style-type: none"> • Feeling special and safe • My class • Feeling proud • Consequences • Learning charter 	 <p>Celebrating difference</p> <ul style="list-style-type: none"> • The same as... • Different from... • Bullying • New friends 	 <p>Dreams and Goals</p> <ul style="list-style-type: none"> • Treasure chest of success • Steps to goals • Achieving together • Overcoming obstacles 	 <p>Healthy Me</p> <ul style="list-style-type: none"> • Being healthy • Healthy choices • Clean and healthy • Medicine safety • Road safety 	 <p>Relationships</p> <ul style="list-style-type: none"> • Families • Making friends • Greetings • People who help us • Being my own best friend 	 <p>Changing Me</p> <ul style="list-style-type: none"> • Life cycles • Changing me • My changing body • Learning and growing
Year 2	 <p>Being Me in my World</p> <ul style="list-style-type: none"> • Hopes and fears • Rights and responsibilities • Rewards and consequences • Learning charter 	 <p>Celebrating Difference</p> <ul style="list-style-type: none"> • Boys and girls • Bullying up • Standing up for myself and others • New friends 	 <p>Dreams and Goals</p> <ul style="list-style-type: none"> • Goals to success • Learning strengths • Learning with others • Group challenge 	 <p>Healthy Me</p> <ul style="list-style-type: none"> • Being healthy • Being relaxed • Medicine safety • Healthy eating 	 <p>Relationships</p> <ul style="list-style-type: none"> • Families • Keeping safe • Friends and conflict • Secrets • Trust 	 <p>Changing Me</p> <ul style="list-style-type: none"> • Life cycles in nature • Growing up • Changing me • Assertiveness • Looking ahead

Curriculum Overview: PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	 <p>Being me in my World</p> <ul style="list-style-type: none"> • Getting to know each other • Our nightmare school • Our dream school • Rewards and consequences • Learning charter 	 <p>Celebrating Difference</p> <ul style="list-style-type: none"> • Families • Family conflict • Witness and feelings • Words that harm • Compliments 	 <p>Dreams and Goals</p> <ul style="list-style-type: none"> • My dreams and ambitions • A new challenge • Our new challenge • Overcoming obstacles 	 <p>Healthy Me</p> <ul style="list-style-type: none"> • Being fit and healthy • What do I know about drugs • Being safe • Being safe at home • My amazing body 	 <p>Relationships</p> <ul style="list-style-type: none"> • Family roles and responsibilities • Friendship • Keeping myself safe • Global citizenship 	 <p>Changing Me</p> <ul style="list-style-type: none"> • How babies grow • Babies • Body changes • Family stereotypes • Looking ahead
Year 4						
	<p>Being me in my World</p> <ul style="list-style-type: none"> • Class team • School citizen • Democracy • Rewards and consequences • Our learning charter 	<p>Celebrating difference</p> <ul style="list-style-type: none"> • Judging by appearances • Understanding influences • Bullying • Problem solving • Special me 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • Hopes and dreams • Broken dreams • Overcoming disappointment • Creating new dreams • Achieving goals 	<p>Healthy Me</p> <ul style="list-style-type: none"> • My friends and me • Group dynamics • Smoking • Alcohol • Healthy friendships 	<p>Relationships</p> <ul style="list-style-type: none"> • Relationship web • Love and loss • Memories • Are animals special? • Special pets 	<p>Changing Me</p> <ul style="list-style-type: none"> • Unique me • Having a baby • Puberty • Circle of change • Accepting change

Curriculum Overview: PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	 <p>Being me in my World</p> <ul style="list-style-type: none"> • My year ahead • Being me in Britain • Responsibilities • Rewards and consequences • Our learning charter 	 <p>Celebrating Difference</p> <ul style="list-style-type: none"> • Different cultures • Racism • Rumours and name calling • Types of bullying • Does money matter? 	 <p>Dreams and Goals</p> <ul style="list-style-type: none"> • When I grow up • Jobs and careers • My dream job • Other cultures • Supporting each other • Rallying support 	 <p>Healthy Me</p> <ul style="list-style-type: none"> • Smoking • Alcohol • Emergency aid • Body image • Food 	 <p>Relationships</p> <ul style="list-style-type: none"> • Recognising me • Getting on and falling out • Relationships • Technology • Social media 	 <p>Changing Me</p> <ul style="list-style-type: none"> • Self & body image • Puberty • Conception • Looking ahead to Year 6
Year 6						
	<p>Being me in my World</p> <ul style="list-style-type: none"> • My year ahead • Global citizens • Learning charter 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • Am I normal? • Understanding disability • Power struggles • Why bully 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • Personal learning goals • Steps to success • My dream for the world • Making a difference 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Food • Drugs • Alcohol • Emergency aid • Emotional & mental health 	<p>Relationships</p> <ul style="list-style-type: none"> • My relationship web • Love and loss • Power and control • Being safe with technology 	<p>Changing Me</p> <ul style="list-style-type: none"> • My self-image • Puberty • Girl/boy talk • Babies: conception to birth • Attraction • Secondary school transition