

PSHE (Personal, Social, Health and Economics)

Curriculum Principles

By the end of Year 6, a student of PSHE at Dixons Manningham will:

- feel more prepared to understand and access the world around them in a level-headed, responsible way
- have the skills to relate to others they encounter, despite their differing backgrounds or beliefs
- have secure social, emotional and mental health skills to maintain a healthy, lifelong wellbeing
- have secure emotional literacy and social skills which will allow them to successfully access and adapt to the ever-changing world around them

The JIGSAW 3-11 scheme of work will be adapted to Dixons Manningham's context and will offer a comprehensive programme for Primary PSHE which includes statutory Relationships and Health Education, in a progressive and fully planned scheme of work, giving student relevant learning experiences to help them navigate their world. Knowledge about the protected characteristics (the Equality Act, which protects everyone in Britain from discrimination, harassment, and victimisation) and will be embedded into the curriculum as will the topic of consent. This will be taught throughout the student's primary journey, starting in EYFS, where consent will be taught at the most basic level - seeking and giving permission when sharing toys. To maximise participation and enjoyment within JIGSAW, units of work will be carefully planned to allow progression across the year groups. Units have been intelligently sequenced through following and personally adapting the JIGSAW scheme of work, where needed, to help students embed transferrable skills which will support children with accessing the world around them. The JIGSAW scheme of work is created from key agendas, such as DfE Relationships and Health Education guidance, Ofsted Personal Development criteria, Safeguarding, SMSC, British Values and Online Safety. This is in line with the Dixons Academy Trust Primary Policy.

The sequence of knowledge is underpinned by the following strategic anchors:

- personal resilience
- emotional literacy
- mental and physical health
- emotional awareness of themselves
- emotional awareness of others

The JIGSAW curriculum will address social disadvantage by addressing gaps in students' knowledge and skills:

- Being Me in My World – students will learn to understand where and how they belong in class, school and the global community
- Celebrating Difference – students will focus on work around diversity which also includes child on child abuse in various forms
- Dream and Goals – students will learn how to set personal goals, create individual aspirations for both themselves and the world around them and learn the impact of working together
- Healthy Me – students will be educated, age appropriately, on the impact of drugs and alcohol, how to build and maintain self-esteem and self-confidence and learn how to make healthy lifestyle choices
- Relationships – students will understand the importance of friendship, family and other relationships. They will also learn conflict resolution and communication skills to support the building and maintaining of relationships
- Changing Me – students will cover the relevant relationship curriculum in line with the Dixons Academy Trust Relationship and Health Education Policy. They will learn skills of how to deal positively with coping with change relevant to their age and look at transitions within the school environment

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Curriculum Overview

	Cycle 1	Cycle 2	Cycle 3
EYFS	Being Me in My World Self-identity; understanding feelings; being in a classroom; being gentle; rights and responsibilities Celebrating Differences Identifying talents; being special; families; where we live; making friends; standing up for yourself	Dreams and Goals Challenges; perseverance; goal setting; overcoming obstacles; seeking help; jobs; achieving goals Healthy Me Exercising bodies; physical activity; healthy food; sleep; keeping clean; safety	Relationships Family life; friendships; falling out; bullying; being a good friend Changing Me Bodies; private parts (NSPCC Pants); respecting my body; growing up; change; fears; celebrations
Year 1	Being Me in My World Feeling special and safe; being part of a class; rights and responsibilities; rewards and feeling proud; consequences; owning the Learning Charter Celebrating Differences Similarities and differences; understanding bullying (child on child abuse) and knowing how to deal with it; making new friends; celebrating differences	Dreams and Goals Setting goals; identifying successes; learning styles; teamwork; tackling challenges; overcoming obstacles; feelings of success Healthy Me Keeping healthy; lifestyle choices; keeping clean; medicine safety; household item safety; road safety; linking health and happiness	Relationships Family belonging; friendships; personal space; greeting people; people who help us; qualities of a friend; celebrating relationships Changing Me Life cycles (animal and human); changes in me since I was a baby; NSPCC Pants; linking growing and learning; coping with change; identifying trusted adults; transition
Year 2	Being Me in My World Hopes and fears; rights and responsibilities; rewards and consequences; safe and fair learning environment; valuing contributions; choices; recognising feelings Celebrating Differences Assumptions and stereotypes; understanding bullying (child on child abuse); standing up for self and others; making new friends; celebrating difference	Dreams and Goals Realistic goals; perseverance; learning strengths; teamwork; cooperation; sharing success Healthy Me Motivation; healthier choices; relaxation; nutrition; healthy snacks	Relationships Family types; physical boundaries; friendship and conflict; secrets; trust; appreciation Changing Me Life cycles; independence; NSPCC Pants; assertiveness; preparing for transition
Year 3	Being Me in My World Setting personal goals; self-identity and worth; positivity in challenges; rules; rights and responsibilities; responsible choices; perspective-taking Celebrating Differences Families and their differences; family conflict; witnessing bullying; recognising hurtful language; giving and receiving compliments	Dreams and Goals Difficult challenges; dreams and ambitions; new challenges; motivation; overcoming obstacles; evaluating learning; managing feelings; simple budgeting Healthy Me Exercise; fitness challenges; food labelling; healthy swaps; attitudes towards drugs; keeping safe online and offline; recognising risk including water safety; emergency help-seeking; healthy and safe choices	Relationships Family roles; negotiation; keeping safe online; global citizenship; choices affecting others; awareness of different lives; appreciation Changing Me How babies grow; baby needs; family stereotypes; differences in male/female bodies; preparing for transition



Year 4	Being Me in My World Being part of a class team; democracy (link to school council); group decision-making; responsibilities Celebrating Differences Understanding bullying; celebrating differences; managing conflict	Dreams and Goals Overcoming disappointment; resilience; new challenges Healthy Me Healthy friendships; vaping awareness; nicotine pouches; fire, water and rail safety; decision-making in safety contexts; personal hygiene	Relationships Healthy friendships; managing conflict; digital literacy; recognising online influence Changing Me Preparing for change; puberty; hygiene; understanding growing and changing
Year 5	Being Me in My World Planning for the year; responsibilities; leadership Celebrating Differences Cultural differences; racism; prejudice	Dreams and Goals Future dreams; motivation; planning; overcoming obstacles Healthy Me Smoking, vaping and alcohol; digital wellbeing; AI filters and edited images; media influence; online safety rules; emergency aid; managing feelings and worries	Relationships Online safety; digital manipulation; online pressure; recognising unsafe digital behaviour; identifying trusted adults Changing Me Puberty (school puberty talk); statutory and non-statutory content; reproductive systems; managing change; support networks
Year 6	Being Me in My World Global citizenship; empathy; personal learning goals; managing stress Celebrating Differences Valuing diversity; challenging stereotypes; global perspectives	Dreams and Goals Long-term goals; resilience; contribution to society Healthy Me Smoking, vaping and alcohol; decision-making under pressure; emergency aid; body image; media and AI influence; mental health; identifying worries and sources of support	Relationships Advanced digital literacy; AI-generated content; online consent; safe communication; recognising digital pressure and manipulation; responsibility with technology use Changing Me Self-image; managing change; transition to secondary; loss; assertiveness; identifying support; emotional regulation

