

Progression map for PSHE at Chandag Junior School

Intentions:

- Supporting children’s spiritual, moral, cultural, mental and physical development. Utilising the area we are in so that children understand where we are in society.
- Developing the qualities and attributes children need to thrive as individuals, family member and members of society
- Providing opportunities for children to reflect on and clarify their own values and attitudes
- Children to be aware of their thoughts and feelings as they happen, in the present moment, on purpose with no judgement (mindfulness)
- Enhancing their focus and concentration using the additional resources we have at school, such as the Quiet Room and after-school clubs
- Provide them with opportunities to explore, clarify and challenge their own (and each other’s) values, attitudes and beliefs
- Provide the children with opportunities where they can turn knowledge into personal understanding
- Ultimately, bringing all of these skills together in order to enhance the children’s learning experiences

Implementation:

- Jigsaw: six puzzle pieces which each year group will do at the same time (Being Me, Celebrating Differences, Dreams and Goals, Healthy Me, Relationships, Changing Me)
- Collapsed days and weeks across the school year to celebrate wellbeing and positive mental health (Anti-bullying week, children’s mental health week, British Values week as well as Internet Safety, linked with Computing), including an involvement with the local community and the events they are putting on
- School Council set up for children to have the opportunity to put across their own views and those of their classmates
- House Captain system

Impact:

- Children will have acquired the knowledge, understanding and skills they need to manage their lives, now and in the future
- Children will have the skills to live healthy, safe, productive, capable, responsible and balanced lives
- Building confidence, resilience and self-esteem
- Children will be able to regulate their emotions and build emotional resilience
- Develop an understanding of themselves, as well as empathy and the ability to work well with others
- Mindful children can more readily choose their responses to situations rather than react while caught up in the thought-flows and emotions.

KNOWLEDGE	NC subject content (taken from Jigsaw SoW)	Year 3	Year 4	Year 5	Year 6
	Being Me	-Self-identity and worth -Rules, rights and responsibilities -Rewards and consequences	-What motivates behaviour	-Rights and responsibilities -How behaviour affects groups	-Global citizenship -Children’s universal rights -Feeling welcome and valued -Choices, consequences and rewards -Antisocial behaviour

	Celebrating Differences	<ul style="list-style-type: none"> -Families and their differences -Recognising how words could be hurtful 	<ul style="list-style-type: none"> -Understanding influences -Understanding bullying -First impressions 	<ul style="list-style-type: none"> -Cultural differences and how they can cause conflict -Racism -Rumours and name calling -Types of bullying -Material wealth and happiness 	<ul style="list-style-type: none"> -Perceptions of normality -Understanding disability -Power struggles -Understanding bullying
	Dreams and Goals	<ul style="list-style-type: none"> -Dreams and ambitions -Evaluating learning processes -Simple budgeting 	<ul style="list-style-type: none"> -Hopes and dreams 	<ul style="list-style-type: none"> -Future dreams -The importance of money -Jobs and careers -Dream job and how to get there -Goals in different cultures 	<ul style="list-style-type: none"> -Success criteria -Emotions in success
	Healthy Me	<ul style="list-style-type: none"> -Food labelling and healthy swaps -Attitudes towards drugs -Keeping safe and why it's important online and offline scenarios -Respect for myself and others -Healthy and safe choices 	<ul style="list-style-type: none"> -Achieving goals -Group dynamics -Smoking -Alcohol -Peer pressure 	<ul style="list-style-type: none"> -Smoking, including vaping -Alcohol -Alcohol and anti-social behaviour -Body image - 	<ul style="list-style-type: none"> -How substances affect the body -Exploitation, including 'county lines' and gang culture
	Relationships	<ul style="list-style-type: none"> -Family roles and responsibilities -Keeping safe online and who to go to for help -Being aware of how my choices affect others 	<ul style="list-style-type: none"> -Jealousy -Love and loss -Memories of loved ones -Girlfriends and boyfriends 	<ul style="list-style-type: none"> -Safer online communities -Rights and responsibilities online -Online gaming and gambling -Reducing screen time -Dangers of online grooming -SMARRT internet safety rules 	<ul style="list-style-type: none"> -Mental health -Love and loss -Power and control -Technology safety
	Changing Me	<ul style="list-style-type: none"> -How babies grow -Understanding a baby's needs -Outside body changes -Inside body changes -Family stereotypes 	<ul style="list-style-type: none"> -Being unique -Having a baby -Girls and puberty -Environmental change 	<ul style="list-style-type: none"> -Influence of online and media on body image -Puberty for girls -Puberty for boys -Conception (including IVF) 	<ul style="list-style-type: none"> -Puberty and feelings -Conception to birth -Physical attraction -Respect and consent -Boyfriends/girlfriends -Sexting
SKILLS	NC subject content (Taken from Jigsaw SoW)	Year 3	Year 4	Year 5	Year 6

	Being Me	<ul style="list-style-type: none"> -Setting personal goals -Recognise the positivity in challenges -Making responsible choices -Seeing things from other people's perspectives 	<ul style="list-style-type: none"> -Being part of class team -Being a school citizen -Rights, responsibilities and class democracy (school council) -Rewards and consequences -Group decision making -Having a voice 	<ul style="list-style-type: none"> -Planning the forthcoming year -Being a citizen -Rewards and consequences -Democracy, having a voice, participating 	<ul style="list-style-type: none"> -Identifying goals for the year -Group dynamics -Democracy, having a voice -Role modelling
	Celebrating Differences	<ul style="list-style-type: none"> -Family conflict and how to manage it (child-centred) -Witnessing bullying and how to solve it -Giving and receiving compliments 	<ul style="list-style-type: none"> -Challenging assumptions -Judging by appearance -Accepting self and others -Problem solving -Identifying how special and unique everyone is 	<ul style="list-style-type: none"> -Enjoying and respecting other cultures 	<ul style="list-style-type: none"> -Inclusion/exclusion -Differences as conflict, difference as celebration -Empathy
	Dreams and Goals	<ul style="list-style-type: none"> -Facing difficult challenges and achieving success -New challenges -Motivation and enthusiasm -Recognising and trying to overcome obstacles -Managing feelings -Simple budgeting 	<ul style="list-style-type: none"> -Overcoming disappointment -Creating new, realistic dreams -Working in a group -Celebrating contributions -Resilience -Positive attitudes 	<ul style="list-style-type: none"> -The importance of money -Dream job and how to get there -Supporting others (charity) -Motivation 	<ul style="list-style-type: none"> -Personal learning goals, in and out of school -Making a difference in the world -Motivation -Recognising achievements -Compliments
	Healthy Me	<ul style="list-style-type: none"> -Exercise -Fitness challenges 	<ul style="list-style-type: none"> -Healthier friendships -Assertiveness -Celebrating inner strength 	<ul style="list-style-type: none"> -Emergency aid -Relationships with food -Healthy choices -Motivation and behaviour 	<ul style="list-style-type: none"> -Taking personal responsibility -Emotional and mental health -Managing stress
	Relationships	<ul style="list-style-type: none"> -Friendship and negotiation -Keeping safe online -Being a global citizen -Expressing appreciation for family and friends 	<ul style="list-style-type: none"> -Getting on and falling out -Showing appreciation to people and animals 	<ul style="list-style-type: none"> -Self-recognition and self-worth -Building self esteem 	<ul style="list-style-type: none"> -Identifying mental health worries and sources of support -Managing feelings -Assertiveness -Take responsibility with technology use
	Changing Me	<ul style="list-style-type: none"> -Challenging my ideas -Preparing for transition 	<ul style="list-style-type: none"> -Confidence in change -Accepting change -Preparing for transition 	<ul style="list-style-type: none"> -Self and body image -Growing responsibility -Coping with change -Preparing for transition 	<ul style="list-style-type: none"> -Self image -Body image -Reflections about change -Transition

