



P.S.H.E. Coverage at Chuter Ede



We follow progressive planning of these themes from 'Jigsaw – The Mindful Approach to PSHE'.

	Autumn		Spring		Summer	
Foundation	Jigsaw Being Me in My World * Looking after our belongings in school * Toileting skills & hygiene * Separation anxiety * Naming emotions & ongoing feelings conversations * Friendships * School rules	Jigsaw Celebrating Difference * Fire safety linked to Bonfire Night * Self care – zipping and unzipping coats * Emotions – recognising their own emotions * Ways to stay safe near roads * Work and play cooperatively * Considering others – 'Reverse Advent Calendar'	Jigsaw Dreams and Goals * Ongoing discussions about emotions in relation to stories we read and how the characters are feeling.	Jigsaw Healthy Me * Dental hygiene * Stranger danger * Team work * Kindness * Healthy eating * Learning that actions may impact others and know when to stop * Name and recognise members of the community who help us,	Jigsaw Relationships * Self care – healthy eating * Social – Respectfulness and determination	Jigsaw Changing Me * Self care – Staying safe in the sun * Social – Excited and enthusiastic
Year 1	Jigsaw Being Me in My World <i>Who am I and how do I fit in?</i>	Jigsaw Celebrating Difference <i>Respect for similarity and difference. Anti bullying and being unique.</i>	Jigsaw Dreams and Goals <i>Aspirations, how to achieve goals and understanding the emotions that go with this.</i>	Jigsaw Healthy Me <i>Being and keeping safe and healthy</i>	Jigsaw Relationships <i>Building positive, healthy relationships</i>	Jigsaw Changing Me <i>Coping positively with change</i>
Year 2						
Year 3						
Year 4						
Year 5						
Year 6						

