



Age group Year 1 and 2	Being in my world	Celebrating differences	Dreams and Goals	Healthy me	Relationships	Changing me
Cycle A	Ages 5-6 (Yr1) Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Ages 6-7 (Yr 2) Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Celebrating difference and remaining friends	Ages 5-6 (Yr1) Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Ages 6-7 (Yr 2) Motivation Healthier choices Healthy eating and nutrition Safety in the home Safety out and about Medicines	Ages 5-6 (Yr1) Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Ages 6-7 (Yr 2) Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Cycle B	Ages 6-7 (Yr 2) Hopes and fears for the new year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Ages 5-6 (Yr1) Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Ages 6-7 (Yr 2) Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths Learning with others Group co-operation Contributing to and sharing success	Ages 5-6 (Yr1) Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Ages 6-7 (Yr 2) Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Ages 5-6 (Yr1) Life cycles - animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition



Age group Year 3 and 4	Being in my world	Celebrating differences	Dreams and Goals	Healthy me	Relationships	Changing me
Cycle A	Ages 7-8 (Yr3) Seeing personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Ages 8-9 (Yr 4) Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Ages 7-8 (Yr3) Difficult challenges and achieving success Dreams and ambitions Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning Processes Contributing to the community Managing feelings Simple budgeting	Ages 8-9 (Yr 4) Healthier friendships Peer influences Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Ages 7-8 (Yr3) Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Being a global citizen How my choices affect others Awareness of other children's different lives Expressing appreciation for family and friends	Ages 8-9 (Yr 4) Being unique Girls and puberty Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
Cycle B	Ages 8-9 (Yr 4) Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Ages 7-8 (Yr3) Families and their differences Family conflict and how to manage it (child centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Ages 8-9 (Yr 4) Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Ages 7-8 (Yr3) Exercise Food labelling and healthy swaps Attitudes towards drugs Keeping safe online and offline Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help	Ages 8-9 (Yr 4) Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Ages 7-8 (Yr3) How babies grow Outside body changes Inside body changes Personal hygiene Family stereotypes Challenging my ideas Preparing for transition



Age group Year 5 and 6	Being in my world	Celebrating differences	Dreams and Goals	Healthy me	Relationships	Changing me
Cycle A	Ages 9-10 (Yr5) Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Ages 10-11 (Yr 6) Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Ages 9-10 (Yr5) Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Ages 10-11 (Yr 6) Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Ages 9-10 (Yr5) Self-recognition/ self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and risks Reducing screen time Dangers of online grooming Internet safety rules	Ages 10-11 (Yr 6) Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition
Cycle B	Ages 10-11 (Yr 6) Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Ages 9-10 (Yr5) Cultural differences and how they can cause conflict Racism Rumours and name calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Ages 10-11 (Yr 6) Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Ages 9-10 (Yr5) Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Ages 10-11 (Yr 6) Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Ages 9-10 (Yr5) Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition

<u>Relationships Education</u>	Statutory. No parental right to withdraw
What it is:	Teaching children about the building blocks of positive, healthy relationships – with family, friends, peers and others. It covers topics including families, friendships, respect, boundaries, conflict resolution, online safety and recognising when relationships are unhealthy or unsafe.
What it is NOT:	Relationships Education does not involve teaching children about sexual activity. It can, and should, address sensitive safeguarding topics (such as recognising abuse or inappropriate online contact) without describing intimate physical relationships that are not age appropriate.
Parental withdrawal:	Parents do NOT have the right to withdraw their children from Relationships Education as it is statutory content at primary.

<u>Health Education</u>	Statutory. No parental right to withdraw
What it is:	Teaching children to make good decisions about their own health and wellbeing. Includes physical health (including changing adolescent body and puberty), mental wellbeing, healthy eating, drugs/alcohol/tobacco awareness, basic first aid, online wellbeing and personal safety.
Puberty sits here	The 2025 DfE guidance is clear that teaching about puberty (including the physical and emotional changes that occur during adolescence, menstruation, and the correct names for body parts) is part of Health Education.
Parental withdrawal:	Parents do NOT have the right to withdraw their children from Relationships Education as it is statutory content at primary.

<u>Sex Education</u>	Non-statutory. Parental right to withdraw when taught as part of PSHE/RSHE.
What it is:	In the primary context, Sex Education means teaching about human reproduction – specifically, what happens in order for babies to be conceived and born. Although sex education is not compulsory in primary schools, the DfE recommends that primary schools teach Sex Education in Years 5 and/or 6, aligned with the National Curriculum for Science content on reproduction. Jigsaw PSHE considers this content to be in 2 lessons in the programme: one in Year 5 and one in Year 6. • Ages 9-10, Changing Me, Piece 4 – Conception • Ages 10-11, Changing Me, Piece 3 – Babies: Conception to Birth
What it is NOT	Sex Education does not include puberty (which is statutory Health Education) or teaching about families and relationships (which is Relationships Education).
Parental withdrawal:	Parents do have the right to withdraw their children from Sex Education within RSHE <i>See more detailed explanation on parental right to withdraw from RSHE or Science on page 6.</i>