

Whole school PHSE curriculum cycle

For more information on Jigsaw:

[Jigsaw website](#)

All classes follow the Jigsaw units, with adaptations made to ensure that the mixed year group planning is suitable and age appropriate.

Each year uses the same unit themes:

Autumn 1 - Being me in my world

Autumn 2 - Celebrating differences

Spring 1 - Dreams and goals

Spring 2 - Healthy me

Summer 1 - Relationships

Summer 2 - Changing me

We supplement this with lessons from [Pol-ED](#), a local police based resource to develop children's understanding of the world around them, along with focus weeks.

Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Who am I? Gentle hands My feelings	What am I good at? Families	Challenge Never giving up	Everybody's body Movement	My family and me Making	My body Respecting my body

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	Being at school Big Talk Education visit	Homes Making friends Anti-bullying week Fire safety	Setting a goal Support and challenge Online safety Mental health week	Food glorious food Sleep Keeping clean	friends Falling out Who are the police and how do they help us?	Growing up Fun and fears Road safety Water safety
Year 1 and Year 2	Hopes and Fears Rewards and consequences Safe hands Big Talk Education visit	Stereotypes Bullying Standing up for myself Anti-bullying week Fire safety	My learning strengths Learning with others Online safety Mental health week	Being healthy Being relaxed Healthy eating	Families Friends Trust What is 999?	Life cycles in nature Growing young to old Boys and Girls bodies Road safety Water safety
Key Stage 2	My year ahead	Judging by appearances	Hopes and dreams	Friends and Me	Jealousy Memories	Unique me Circles of

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	Being a citizen Responsibilities Rewards and consequences Big Talk Education visit	Words that harm Celebrating others Anti-bullying week Fire safety	Overcoming disappointment Achieving goals Online safety Mental health week	Group dynamics Healthy bodies Healthy friendships What are my rights as a child?	Getting on and falling out Healthy relationships How can we use our phones safely?	change Accepting change What is an emergency situation? Road safety Water safety
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Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Who am I? Gentle hands My feelings Being at school Big Talk Education visit	What am I good at? Families Homes Making friends Anti-bullying week	Challenge Never giving up Setting a goal Support and challenge Online safety Mental health	Everybody's body Movement Food glorious food Sleep Keeping clean	My family and me Making friends Falling out Who are the police and how do they	My body Respecting my body Growing up Fun and fears Road safety Water safety

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		Fire safety	week		help us?	
Year 1 and Year 2	Special and safe My class Rewards and feeling proud Big Talk Education visit	Same and different What is bullying? Making new friends Anti-bullying week Fire safety	Steps to goals Achieving together Overcoming obstacles Online safety Mental health week	Being healthy Healthy choices Clean and healthy Medicine safety Road safety	Families Friends People who help us Being my own friend What do the police do?	Road safety Water safety
Key Stage 2	My year ahead My dream school My nightmare school Being a global citizen Big Talk	Understandin g differences Celebrating differences Why bully? Anti-bullying week Fire safety	Setting goals Steps to success Dreams for the world Make a difference Online safety Mental health	Taking responsibility Emotional health and wellbeing What is the law for?	What is mental health? Love and loss Being online	My self image Real self and ideal self The year ahead What is an emergency situation?

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	Education visit		week			Road safety Water safety
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Cycle C	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Who am I? Gentle hands My feelings Being at school Big Talk Education visit	What am I good at? Families Homes Making friends Anti-bullying week Fire safety	Challenge Never giving up Setting a goal Support and challenge Online safety Mental health week	Everybody's body Movement Food glorious food Sleep Keeping clean	My family and me Making friends Falling out Who are the police and how do they help us?	My body Respecting my body Growing up Fun and fears Road safety Water safety
Year 1 and Year 2	Hopes and Fears Rewards and consequences Safe hands	Stereotypes Bullying Standing up for myself Anti-bullying	My learning strengths Learning with others Online safety	Being healthy Being relaxed Healthy eating	Families Friends Trust What is 999?	Life cycles in nature Growing young to old Boys and Girls bodies

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	Big Talk Education visit	week Fire safety	Mental health week			My body Respecting my body Growing up Fun and fears Road safety Water safety
Key Stage 2	Getting to know each other Rewards and consequences Our learning charter Big Talk Education visit	Families Family conflict Feelings Solutions Words that harm Anti-bullying week Fire safety	Dreams and ambitions New challenges Overcoming obstacles Online safety Mental health week	Being fit and healthy Being safe What do I know about drugs? My amazing body What happens if I break the rules?	Family roles and responsibilities Friendship Keeping myself safe online Being a global citizen	How babies grow Babies Outside the body Inside the body Looking ahead What is an emergency situation? Road safety

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Cycle D	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Who am I? Gentle hands My feelings Being at school Big Talk Education visit	What am I good at? Families Homes Making friends Anti-bullying week Fire safety	Challenge Never giving up Setting a goal Support and challenge Online safety Mental health week	Everybody's body Movement Food glorious food Sleep Keeping clean	My family and me Making friends Falling out Who are the police and how do they help us?	My body Respecting my body Growing up Fun and fears Road safety Water safety
Year 1 and Year 2	Special and safe My class Rewards and feeling proud	Same and different What is bullying? Making new friends	Steps to goals Achieving together Overcoming obstacles	Being healthy Healthy choices Clean and healthy Medicine	Families Friends People who help us Being my own friend	My body Respecting my body Growing up Fun and fears

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	Big Talk Education visit	Anti-bullying week Fire safety	Online safety Mental health week	safety Road safety	What do the police do?	Road safety Water safety
Key Stage 2	My year ahead Responsibilities Rewards and consequences Big Talk Education visit	Different cultures Racism Name-calling Bullying Does money matter? Anti-bullying week Fire safety	When I grow up Jobs and careers Dreams and goals Supporting each other Online safety Mental health week	Emergency aid Body image Being healthy My relationship with food Healthy me How can I keep safe in my local area?	Safety with online communities Being safe online Online gaming Why does media have age restrictions?	Self-image and body image Looking ahead What is an emergency situation? Road safety Water safety