

Jigsaw PSHE 3 -11/12

British Values Content Overview



Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5 (F1-F2)	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities Democracy / Rule Of Law Individual Liberty	Identifying talents Being special Families Where we live Making friends Standing up for yourself Individual Liberty Respect and Tolerance	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals Individual Liberty Respect and Tolerance	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety Individual Liberty Respect and Tolerance	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend Individual Liberty Respect and Tolerance	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations Individual Liberty Respect and Tolerance
Ages 5-6	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter Democracy / Rule Of Law Individual Liberty	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone Individual Liberty Respect and Tolerance	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 Individual Liberty Respect and Tolerance	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness Individual Liberty Respect and Tolerance	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 Individual Liberty Respect and Tolerance Rule of Law	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
Ages 6-7	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success Individual Liberty Respect and Tolerance	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships Individual Liberty Respect and Tolerance Rule of Law	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition

	Democracy / Rule Of Law Individual Liberty	remaining friends Respect and Tolerance Individual Liberty				
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' Perspectives Democracy / Rule Of Law Individual Liberty	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 Respect and Tolerance Individual Liberty	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting Individual Liberty Respect and Tolerance	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends. Individual Liberty Respect and Tolerance Rule of Law	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	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 Democracy / Rule Of Law Individual Liberty	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is. First Impressions Individual Liberty Respect and Tolerance	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive Attitudes Individual Liberty Respect and Tolerance	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Respect and Tolerance Rule of Law	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals Respect and Tolerance Rule of Law	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change Individual Liberty Respect and Tolerance Rule of Law
Ages 9-10	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, Participating Democracy / Rule Of Law Individual Liberty	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and Happiness Enjoying and Respecting other cultures Individual Liberty Respect and Tolerance	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation Individual Liberty Respect and Tolerance	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and Behaviour Respect and Tolerance Rule of Law	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules Individual Liberty Respect and Tolerance Rule of Law	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 Individual Liberty Respect and Tolerance Rule of Law
Ages 10-11	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 behavior Role Modelling Democracy / Rule Of Law Individual Liberty	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy Individual Liberty Respect and Tolerance	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments Individual Liberty Respect and Tolerance	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress Respect and Tolerance Rule of Law	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 Respect and Tolerance Rule of Law	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition Respect and Tolerance Rule of Law



Ages 11-12 (Scotland)	Personal identity What influences personal identity Identify personal strengths How do others see me? Group identity My growing sense of personal identity and independence Online and global identity Expectations	Assertiveness Prejudice and discrimination My values and those of others Challenging stereotypes Discrimination in school How prejudice and discrimination fuels bullying Being inclusive	What are my dreams and goals? Steps to success Coping when things don't go to plan Rewarding my dreams Intrinsic and extrinsic motivation Keeping my dreams alive How dreams and goals change in response to life	Healthy choices about my emotional health Managing stress Managing my choices around substances Managing my nutritional choices Medicines and immunisation Healthy choices about physical activity and rest/sleep	My changing web of friendships Support I need now and in the future Developing positive relationships What external factors affect relationships, e.g. media influences? Assertiveness in relationships The changing role of families	My changing body and feelings What is self-image? Coping during times of change My changing ways of thinking Managing my changes in mood Moving forwards into my next year of education
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