THE STOKE POGES SCHOOL

PSHE CURRICULUM OVERVIEW 2026–27

Jigsaw PSHE 3–11 • Reception to Year 6 • A progressive whole-school journey

Year group & age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception Ages 3–5	Identity, feelings, classroom belonging, being gentle, rights & responsibilities	Talents, being special, families, friends, standing up for yourself	Challenges, perseverance, goals, overcoming obstacles, asking for help, jobs	Exercise, healthy food, sleep, hygiene & safety	Family life, friendships, falling out, bullying & being a good friend	Bodies, respecting my body, growing up, change, feelings & celebrations
Year 1 Ages 5–6	Feeling safe and special, class belonging, rights, responsibilities & consequences	Similarities and differences, bullying, friendship & celebrating everyone	Goals, achievements, learning styles, challenges, obstacles & success	Healthy choices, hygiene, safety, medicines, road safety & happiness	Family, friendship, physical-contact preferences, trusted helpers & special relationships	Life cycles, growing, male/female bodies, correct terminology, change & transition
Year 2 Ages 6–7	Hopes and fears, rights and responsibilities, fair learning, choices & feelings	Gender stereotypes, bullying, standing up for self/others & friendship	Realistic goals, perseverance, strengths, cooperation & shared success	Healthy choices, nutrition, home/outdoor safety & medicines	Different families, physical boundaries, conflict, secrets, trust & appreciation	Life cycles, growing older, independence, male/female bodies, assertiveness & transition
Year 3 Ages 7–8	Personal goals, self-worth, rules, rights, responsibilities, choices & perspectives	Different families, family conflict, witnessing bullying, hurtful words & compliments	Ambitions, motivation, obstacles, evaluating learning, feelings & simple budgeting	Exercise, food labels, drugs, online/offline safety, outdoor/water safety & help	Family roles, friendship, online safety, media influence, global citizenship & choices	How babies grow, body changes, hygiene, family stereotypes & transition
Year 4 Ages 8–9	Class teams, school citizenship, democracy, decisions, pupil voice & behaviour	Assumptions, appearance, acceptance, influences, bullying & first impressions	Hopes and dreams, disappointment, new goals, teamwork, resilience & positivity	Healthy friendships, peer influence, railway safety, smoking, alcohol/vaping & pressure	Jealousy, love and loss, friendship changes, girlfriends/boyfriends & appreciation	Uniqueness, girls and puberty, family, accepting change & transition
Year 5 Ages 9–10	Citizenship, rights and responsibilities, group behaviour, democracy & participation	Culture, conflict, racism, rumours, bullying, material wealth & respect	Future dreams, spending/saving, value of money, careers, charity & motivation	Smoking/vaping, alcohol, anti-social behaviour, emergency aid, body image & food	Self-worth, online communities, gaming, screen time, grooming & internet safety	Body image, puberty, media influence, conception including IVF, responsibility & transition
Year 6 Ages 10–11	Goals, global citizenship, children's rights, group dynamics, democracy & role-modelling	Normality, disability, power, bullying, inclusion/exclusion, difference & empathy	Learning goals, success criteria, emotions, motivation, achievement & making a difference	Personal responsibility, substances, exploitation/county lines, mental health & stress	Mental health support, love/loss, power/control, assertiveness & technology safety	Self/body image, puberty, conception to birth, attraction, consent, sexting & transition

Updated from the Jigsaw PSHE 3–11 Knowledge Content Snapshot Overview (December 2025). Wording has been condensed for a one-page overview; detailed knowledge and skills remain in the school's PSHE Long-Term Plan and Learning Journey.