

PSHE Jigsaw Curriculum Overview — Year 6

Omitted from the scheme are the following units: 'Changing Me' & 'Relationships'

Relationships

I can identify the most significant people to be in my life so far
I understand how it feels to have people in my life that are special to me
I know some of the feelings we can have when someone dies or leaves
I can use some strategies to manage feelings associated with loss and can help other people to do so
I understand that there are different stages of grief and that there are different types of loss that cause people to grieve
I can recognise when people are trying to gain power or control
I understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening
I can use technology positively and safely to communicate with my friends and family
I can take responsibility for my own safety and well-being

Changing Me

I am aware of my own self-image and how my body image fits into that
I know how to develop my own self esteem
I can explain how girls' and boys' bodies change and understand the importance of looking after yourself physically and emotionally
I understand how being physically attracted to someone changes the nature of the relationship
I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this
I can identify what I am looking forward to and what worries me about the transition to secondary school
I know how to prepare myself emotionally for starting secondary school