

Dodford First School

Our Values				
Perseverance	Respect	Independence	Determination	Excellence
Our Golden Threads				
Vocabulary and Oracy	Breadth and Mastery	Diversity and Inclusion	Digital Literacy and Personal Safety	

Personal, Social and Health Education including Relationships and Sex Education Curriculum Statement

At Dodford First School, we believe that Personal, Social, Health and Economic (PSHE) education and Relationships and Sex Education (RSE) play a vital role in preparing children to become confident, resilient and responsible members of society. Our PSHE and RSE curriculum aims to develop pupils' emotional literacy, wellbeing, resilience, independence and understanding of healthy relationships, enabling them to thrive both now and in the future. It is delivered through the Jigsaw Programme, which provides a comprehensive, progressive and engaging approach to teaching the statutory Relationships Education and Health Education curriculum, whilst also supporting pupils' wider personal development. The six Jigsaw themes—Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me—are revisited annually, allowing children to build upon prior learning and deepen their understanding as they mature.

As a small rural first school with mixed-age classes, we recognise the unique challenges of ensuring progression. To address this, we follow Jigsaw's recommended two-year rolling programme (Year A and Year B). This approach has been carefully designed to ensure that all pupils experience the full breadth of the curriculum during their time at Dodford First School, regardless of their class structure or year group. The rolling programme provides clear progression across all age groups, ensuring children revisit key concepts at an age-appropriate level whilst continually developing their knowledge, skills and understanding.

The curriculum is organised by themes rather than year groups, enabling teachers to deliver learning that meets the needs of composite classes whilst maintaining consistency with the way other curriculum subjects are planned across the school. This thematic approach supports adaptive teaching, allowing lessons to be appropriately scaffolded or extended according to pupils' stage of development. It also ensures robust opportunities for assessment and progression, with learning carefully sequenced so that children revisit important concepts as they grow in maturity and understanding. Our curriculum fully meets all statutory Relationships and Health Education requirements and includes age-appropriate Sex Education content where appropriate. Lessons are delivered within a safe, inclusive and respectful environment where children are encouraged to ask questions, explore different perspectives and develop the confidence to make informed decisions. Through our whole-school approach, pupils develop the knowledge, vocabulary and life skills needed to build positive relationships, manage their physical and mental wellbeing, celebrate diversity and contribute positively to their communities.

PSHE and RSE Curriculum Overview

	Jigsaw Piece 1	Jigsaw Piece 2	Jigsaw Piece 3	Jigsaw Piece 4	Jigsaw Piece 5	Jigsaw Piece 6
EYFS Cycle A and B	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 5–6	1	The same as...	Similarities, identity, belonging
		Ages 5–6	2	Different from...	Difference, uniqueness, respect
		Ages 5–6	3	What is bullying?	Bullying, unkind behaviour, feelings
		Ages 5–6	4	What do I do about bullying?	Strategies, help-seeking, support
		Ages 5–6	5	Making new friends	Friendship skills, inclusion, kindness
		Ages 5–6	6	Celebrating difference; celebrating me Puzzle Outcome	Uniqueness, self-worth, celebration
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 7–8	3	Witness and feelings	Bullying, witnesses, emotional impact
		Ages 7–8	4	Witness and solutions	Problem-solving, bystander responsibility
		Ages 8–9	3	Understanding bullying	Types of bullying, online, impact
		Ages 8–9	4	Problem solving	Conflict resolution, strategies
		Ages 7–8	5	Words that harm	Hurtful language, consequences, respect
		Ages 7–8	6	Celebrating difference compliments Puzzle Outcome	Compliments, self-worth, appreciation

Dreams and Goals

Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 5–6	1	My treasure chest of success	Achievement, pride, self-belief
		Ages 6–7	2	My learning strengths	Strengths, learning, growth mindset
		Ages 6–7	3	Learning with others	Collaboration, teamwork, cooperation
		Ages 5–6	3	Achieving together: dream wellies Puzzle Outcome	Goals, teamwork, creativity
		Ages 5–6	4	Stretchy learning: stretchy flowers	Resilience, challenge, growth mindset
		Ages 5–6	6	Celebrating my success	Achievements, pride, reflection
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 8–9	2	Broken dreams	Disappointment, resilience, coping strategies
		Ages 8–9	3	Overcoming disappointment	Resilience, emotional regulation, hope
		Ages 7–8	3	Feeling safe helps me grow	Wellbeing, safety, emotional growth
		Ages 7–8	4	Choices that help me grow	Decision-making, growth mindset
		Ages 7–8	5	Our new challenge: overcoming obstacles Puzzle Outcome	Resilience, teamwork, perseverance
		Ages 7–8	6	Celebrating my learning	Achievement, reflection, self-worth

Healthy Me

Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 5–6	1	Being healthy	Health, physical wellbeing, body awareness
		Ages 5–6	2	Healthy choices	Food, exercise, positive choices
		Ages 5–6	3	Clean and healthy	Hygiene, cleanliness, self-care
		Ages 6–7	4	Safe outside	Safety, environment, awareness
		Ages 6–7	5	Medicine safety	Medicines, safety, trusted adults
		Ages 6–7	6	Happy healthy me! (Food theme) Puzzle Outcome	Healthy habits, celebration, wellbeing

Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 7–8	1	Being fit and healthy	Exercise, physical health, lifestyle
		Ages 7–8	2	Food and energy	Nutrition, balance, healthy diet
		Ages 7–8	3	What do I know about drugs?	Medicines, legal drugs, safety
		Ages 8–9	3	Smoking and vaping	Tobacco, vaping, health risks
		Ages 8–9	4	Alcohol	Alcohol, social pressures, health
		Ages 7–8	6	My amazing body! (Food theme)	Body systems, health, celebration

Relationships

Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 5–6	1	Families	Family types, belonging, love
		Ages 5–6	2	Making friends	Friendship skills, kindness, inclusion
		Ages 5–6	3	Greetings	Communication, respect, body language
		Ages 6–7	4	Secrets	Safe/unsafe secrets, trusted adults
		Ages 6–7	5	Trust and appreciation	Trust, gratitude, special relationships
		Ages 6–7	6	Celebrating my special relationships: Puzzle Outcome	Relationships, celebration, reflection
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 7–8	1	Family roles and responsibilities	Family dynamics, roles, responsibilities
		Ages 7–8	2	Friendship	Qualities of friendship, trust, conflict
		Ages 7–8	3	Global connections and thinking critically	Online relationships, digital citizenship
		Ages 8–9	4	Getting on and falling out	Conflict, resolution, healthy relationships
		Ages 8–9	5	Girlfriends and boyfriends	Romantic relationships, respect, boundaries
		Ages 8–9	6	Celebrating my relationships	Diverse relationships, care, reflection

Changing Me

Changing Me					
Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 5–6	1	Life cycles	Life cycles, growth, change, nature
		Ages 5–6	2	Changing me	Change, growing up, emotions
		Ages 5–6	3	My changing body	Body changes, growing, self-awareness
		Ages 6–7	4	Boys' and girls' bodies	Body parts, correct vocabulary, privacy
		Ages 6–7	5	Assertiveness	Assertiveness, consent, personal boundaries
		Ages 6–7	6	Looking ahead Puzzle Outcome	Transitions, change, positive anticipation
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 7–8	1	How babies grow	Reproduction basics, life cycles, growth
		Ages 7–8	2	Outside body changes	External puberty changes, self-care
		Ages 7–8	3	Inside body changes	Internal puberty changes, emotions, health
		Ages 8–9	4	Circles of change Puzzle outcome	Change, transitions, emotions
		Ages 8–9	5	Accepting change	Resilience, emotions, coping with change
		Ages 8–9	6	Looking ahead	Transitions, puberty, positive futures

Cycle B

Being Me in My World					
Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 6–7	1	Hopes and fears for the year	Emotions, transitions, new beginnings
		Ages 6–7	2	Rights and responsibilities	Democracy, fairness, school community
		Ages 6–7	3	Rewards and consequences	Rules, boundaries, positive behaviour
		Ages 6–7	4	Rewards and consequences	Choices, fairness, accountability
		Ages 6–7	5	Our learning charter	Collaboration, agreements, shared values
		Ages 6–7	6	Owning our learning charter Assessment	Reflection, commitment, self-regulation
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 8–9	1	Becoming a class team	Teamwork, inclusion, belonging
		Ages 8–9	2	Being a school citizen	Rights, community, responsibilities
		Ages 8–9	3	Rights, responsibilities and democracy	Democracy, fairness, active citizenship
		Ages 7–8	4	Rewards and consequences	Choices, actions, outcomes
		Ages 7–8	5	Our learning charter Puzzle Outcome	Agreements, shared values, learning
		Ages 7–8	6	Owning our learning charter	Reflection, personal goals, self-regulation

Celebrating Difference

Celebrating Difference					
Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 6–7	1	Assumptions	Assumptions, first impressions, fairness
		Ages 6–7	2	Stereotypes	Stereotypes, gender, media influence
		Ages 6–7	3	Why does bullying happen?	Power, motivation, bystanders
		Ages 6–7	4	Standing up for myself and others	Assertiveness, allyship, courage
		Ages 6–7	5	We're all different	Diversity, acceptance, celebration
		Ages 6–7	6	Celebrating difference and still being friends: Puzzle Outcome	Friendship, respect, inclusion
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 7–8	1	Families	Family diversity, belonging, love
		Ages 7–8	2	Family conflict	Conflict, emotions, resolution
		Ages 8–9	1	Judging by appearances	Prejudice, first impressions, fairness
		Ages 8–9	2	Understanding influences	Media, peer pressure, self-concept
		Ages 8–9	5	Special me: Puzzle Outcome	Uniqueness, self-esteem, acceptance
		Ages 8–9	6	Celebrating difference: how we look	Appearance, diversity, self-worth

Dreams and Goals

Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 6–7	1	Goals to success	Goal-setting, perseverance, motivation
		Ages 5–6	2	Steps to goals	Planning, small steps, determination
		Ages 5–6	5	Overcoming obstacles	Resilience, problem-solving, perseverance
		Ages 6–7	4	Group challenge: dream birds Puzzle Outcome	Collaboration, creativity, shared goals
		Ages 6–7	5	Being relaxed	Wellbeing, calm, self-regulation
		Ages 6–7	6	Celebrating our achievement	Teamwork, success, reflection
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 7–8	1	Dreams and goals	Aspirations, hope, motivation
		Ages 7–8	2	My dreams and ambitions	Future goals, identity, self-belief
		Ages 8–9	1	Hopes and dreams	Hope, aspirations, cultural awareness
		Ages 8–9	4	Creating new dreams	Resilience, new goals, hope
		Ages 8–9	5	Achieving goals: potato people Puzzle Outcome	Teamwork, creativity, goal achievement
		Ages 8–9	6	We did it!	Success, celebration, reflection

Healthy Me

Healthy Me					
Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 6–7	1	Healthy eating	Nutrition, food groups, healthy choices
		Ages 6–7	2	Healthy eating	Balanced diet, sugar, healthy habits
		Ages 6–7	3	Keeping safe at home	Home safety, hazards, prevention
		Ages 5–6	4	Medicine safety	Safe use of medicines, trusted adults
		Ages 5–6	5	Road safety	Road awareness, pedestrian safety
		Ages 5–6	6	Happy, healthy me! (Ways of keeping healthy) Puzzle Outcome	Healthy habits, self-care, reflection
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 8–9	1	My friends and me	Friendships, peer influence, belonging
		Ages 8–9	2	Staying safe with friends	Peer pressure, consent, safe boundaries
		Ages 7–8	4	Being safe and getting help Puzzle Outcome	Safety, risk, trusted adults, help-seeking
		Ages 7–8	5	Safe or unsafe	Risk assessment, decision-making
		Ages 8–9	5	Healthy friendships Puzzle Outcome	Healthy relationships, respect, boundaries
		Ages 8–9	6	Celebrating my inner strength and assertiveness	Assertiveness, self-worth, resilience

Relationships

Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 6–7	1	Families	Family diversity, love, belonging
		Ages 6–7	2	Keeping safe — exploring physical contact	Consent, safe touch, body autonomy
		Ages 6–7	3	Friends and conflict	Conflict, resolution, friendship skills
		Ages 5–6	4	People who help us	Community helpers, trust, safety
		Ages 5–6	5	Being my own best friend	Self-compassion, positive self-talk
		Ages 5–6	6	Celebrating my special relationships: Puzzle Outcome	Relationships, self-worth, reflection
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 8–9	1	Jealousy	Emotions, jealousy, managing feelings
		Ages 8–9	2	Love and loss	Loss, bereavement, grief, support
		Ages 8–9	3	Memories Puzzle Outcome	Memory, loss, celebrating relationships
		Ages 7–8	4	Rights, needs and wellbeing	Rights, needs, global responsibility
		Ages 7–8	5	Being a global citizen	Global community, responsibility, empathy
		Ages 7–8	6	Celebrating my web of relationships	Networks, belonging, reflection

Changing Me

Changing Me					
Year 1 and 2		Age group	Lesson	Piece name	Topic
		Ages 6–7	1	Life cycles in nature	Life cycles, seasons, growth
		Ages 6–7	2	Growing from young to old	Ageing, change, life stages
		Ages 6–7	3	The changing me	Puberty (intro), growth, emotions
		Ages 5–6	4	Boys' and girls' bodies	Body parts, correct vocabulary, privacy
		Ages 5–6	5	Learning and growing: Puzzle outcome	Growth, learning, positive change
		Ages 5–6	6	Coping with changes Assessment	Managing change, resilience, emotions
Year 3 and 4		Age group	Lesson	Piece name	Topic
		Ages 8–9	1	Unique me	Identity, uniqueness, self-acceptance
		Ages 8–9	2	Puberty and menstruation	Puberty, menstruation, body changes (SE)
		Ages 7–8	4	Keeping ourselves clean	Hygiene, self-care, puberty
		Ages 8–9	3	Being part of a family	Families, relationships, roles
		Ages 7–8	5	Family stereotypes	Gender roles, stereotypes, diversity
		Ages 7–8	6	Looking ahead Puzzle Outcome — ribbons	Transitions, reflection, positive futures