

Jigsaw 3-11 and Statutory Relationships and Health Education



At Cherry Willingham Primary Academy we follow the Jigsaw 3-11 PSHE scheme which we have ensured covers the statutory Relationships and Health Education. The scheme has six elements - Being Me in The World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me. These are taught in order one per short term.

		1	2	3	4	5	6
Families and people who care for me	<input type="checkbox"/> that families are important for children growing up because they can give love, security and stability.	Relationships & Changing Me	Relationships	Celebrating Difference, Relationships & Changing Me	Changing Me		Changing Me
	<input type="checkbox"/> the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	Relationships	Relationships	Celebrating Difference, Relationships & Changing Me	Relationships & Changing Me		
	<input type="checkbox"/> that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	Relationships	Relationships	Celebrating Difference, Relationships & Changing Me	Changing Me		Celebrating Difference
	<input type="checkbox"/> that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.		Relationships	Celebrating Difference, Relationships & Changing Me	Relationships & Changing Me		Changing Me
	<input type="checkbox"/> that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.		Relationships	Celebrating Difference			
	<input type="checkbox"/> how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	Changing Me	Relationships	Celebrating Difference	Relationships		Being Me In My World, Healthy Me & Changing Me
Caring friendships	<input type="checkbox"/> how important friendships are in making us feel happy and secure, and how people choose and make friends.	Being Me In My World, Celebrating Difference & Relationships	Celebrating Difference & Relationships	Being Me In My World, Celebrating Difference & Relationships	Being Me In My World, Healthy Me & Relationships		Being Me In My World, Healthy Me & Changing Me
	<input type="checkbox"/> the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	Celebrating Difference & Relationships	Celebrating Difference & Relationships	Being Me In My World & Relationships	Being Me In My World, Healthy Me & Relationships		Relationships & Changing Me
	<input type="checkbox"/> that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Being Me In My World, Celebrating Difference & Relationships	Celebrating Difference & Relationships	Being Me In My World, Celebrating Difference & Relationships	Being Me In My World, Healthy Me & Relationships	Celebrating Difference	Relationships & Changing Me
	<input type="checkbox"/> that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	Celebrating Difference & Relationships	Celebrating Difference & Relationships	Celebrating Difference & Relationships	Healthy Me & Relationships	Celebrating Difference	Relationships
	<input type="checkbox"/> how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	Celebrating Difference & Relationships	Celebrating Difference & Relationships	Celebrating Difference & Relationships	Being Me In My World, Celebrating Difference, Healthy Me & Relationships	Relationships	Celebrating Difference, Healthy Me & Changing Me
Respectful relationships	<input type="checkbox"/> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	Being Me In My World, Celebrating Difference, Dreams And Goals & Relationships	Being Me In My World, Celebrating Difference, Dreams And Goals & Relationships	Being Me In My World, Celebrating Difference, Dreams And Goals & Relationships	Being Me In My World, Celebrating Difference, Dreams And Goals, Healthy Me &	Being Me In My World, Celebrating Difference, Dreams And Goals, Healthy Me &	Being Me In My World, Celebrating Difference & Dreams And Goals

					Relationships	Relationships	
	<input type="checkbox"/> practical steps they can take in a range of different contexts to improve or support respectful relationships.	Celebrating Difference & Relationships	Being Me In My World, Celebrating Difference, Dreams And Goals & Relationships	Being Me In My World, Celebrating Difference, Dreams And Goals & Relationships	Being Me In My World, Celebrating Difference, Healthy Me & Relationships	Being Me In My World, Celebrating Difference & Relationships	Being Me In My World, Celebrating Difference, Dreams And Goals, Relationships & Changing Me
	<input type="checkbox"/> the conventions of courtesy and manners.	Being Me In The World & Relationships	Being Me In My World, Celebrating Difference & Dreams And Goals	Celebrating Difference, Dreams And Goals & Healthy Me	Being Me In My World, Dreams And Goals, Healthy Me & Relationships	Being Me In My World & Relationships	Being Me In My World
	<input type="checkbox"/> the importance of self-respect and how this links to their own happiness.	Healthy Me, Relationships & Changing Me	Being Me In My World, Dreams And Goals & Changing Me	Being Me In My World, Celebrating Difference & Relationships	Celebrating Difference & Healthy Me	Being Me In My World, Celebrating Difference, Dreams And Goals, Healthy Me, Relationships & Changing Me	Celebrating Difference, Dreams And Goals, Healthy Me, Relationships & Changing Me
	<input type="checkbox"/> that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	Being Me In My World, Celebrating Difference, Dreams And Goals & Relationships	Being Me In My World, Celebrating Difference, Dreams And Goals & Relationships	Being Me In My World, Celebrating Difference & Relationships	Being Me In My World, Celebrating Difference, Dreams And Goals, Healthy Me & Relationships	Being Me In My World, Celebrating Difference, Dreams And Goals, Healthy Me & Relationships	Celebrating Difference, Dreams And Goals, Healthy Me & Changing Me
	<input type="checkbox"/> about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	Celebrating Difference	Celebrating Difference	Celebrating Difference & Relationships	Celebrating Difference	Celebrating Difference & Relationships	Celebrating Difference & Relationships
	<input type="checkbox"/> what a stereotype is, and how stereotypes can be unfair, negative or destructive.		Celebrating Difference	Celebrating Difference, Relationships & Changing Me		Celebrating Difference & Relationships	Celebrating Difference
	<input type="checkbox"/> the importance of permission-seeking and giving in relationships with friends, peers and adults.	Celebrating Difference, Relationships & Changing Me	Being Me In My World, Celebrating Difference, Dreams And Goals, Relationships & Changing Me	Being Me In The World & Relationships	Being Me In My World, Being Me In The World & Relationships	Relationships	Celebrating Difference, Healthy Me, Relationships & Changing Me
Online relationships	<input type="checkbox"/> that people sometimes behave differently online, including by pretending to be someone they are not.		Celebrating Difference & Relationships	Celebrating Difference, Healthy Me & Relationships	Celebrating Difference & Healthy Me	Relationships	Relationships
	<input type="checkbox"/> that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.		Celebrating Difference	Being Me In The World, Celebrating Difference,	Celebrating Difference & Healthy Me	Relationships	Celebrating Difference & Relationships

		Difference, Dreams And Goals, Healthy Me Relationships & Changing Me	Difference, Dreams And Goals, Healthy Me Relationships & Changing Me	Difference, Dreams And Goals, Healthy Me Relationships & Changing Me	Difference, Dreams And Goals, Healthy Me Relationships & Changing Me	Difference, Dreams And Goals, Healthy Me Relationships & Changing Me	Difference, Dreams And Goals, Healthy Me Relationships & Changing Me
	<input type="checkbox"/> how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	Being Me In My World, Dreams And Goals & Changing Me	Celebrating Difference & Dreams And Goals	Celebrating Difference & Dreams And Goals	Celebrating Difference, Healthy Me Relationships & Changing Me	Being Me In My World, Celebrating Difference, Dreams And Goals, Healthy Me, Relationships & Changing Me	Being Me In My World, Celebrating Difference, Dreams And Goals, Healthy Me, Relationships & Changing Me
	<input type="checkbox"/> the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	Healthy Me	Healthy Me	Healthy Me		Celebrating Difference, Healthy Me, Relationships & Changing Me	Being Me In My World, Celebrating Difference, Dreams And Goals, Healthy Me, Relationships & Changing Me
	<input type="checkbox"/> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Healthy Me & Relationships	Healthy Me	Celebrating Difference		Healthy Me, Relationships & Changing Me	Healthy Me & Relationships
	<input type="checkbox"/> isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Being Me In My World & Celebrating Difference	Celebrating Difference	Celebrating Difference	Celebrating Difference & Relationships	Healthy Me & Changing Me	Healthy Me, Relationships & Changing Me
	<input type="checkbox"/> that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Celebrating Difference	Celebrating Difference	Celebrating Difference	Celebrating Difference	Celebrating Difference & Relationships	Celebrating Difference, Healthy Me, Relationships & Changing Me
	<input type="checkbox"/> where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	Celebrating Difference & Relationships	Celebrating Difference	Celebrating Difference, Healthy Me & Relationships	Celebrating Difference & Relationships	Celebrating Difference, Healthy Me & Relationships	Healthy Me, Relationships & Changing Me
	<input type="checkbox"/> it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.				Relationships	Healthy Me, Relationships & Changing Me	Celebrating Difference, Healthy Me, Relationships & Changing Me
Internet safety and harms	<input type="checkbox"/> that for most people the internet is an integral part of life and has many benefits.			Healthy Me & Relationships		Relationships	Relationships
	<input type="checkbox"/> about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.		Healthy Me	Relationships		Relationships	Healthy Me & Relationships
	<input type="checkbox"/> how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.		Celebrating Difference	Celebrating Difference & Relationships	Celebrating Difference	Relationships	Celebrating Me & Relationships
	<input type="checkbox"/> why social media, some computer games and online gaming, for example, are age restricted.			Relationships		Relationships	Relationships
	<input type="checkbox"/> that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.		Celebrating Difference & Relationships	Celebrating Difference & Relationships		Relationships	Relationships

	<input type="checkbox"/> how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.				Relationships		Relationships	Relationships
	<input type="checkbox"/> where and how to report concerns and get support with issues online.			Celebrating Difference	Healthy Me & Relationships		Relationships	Celebrating Difference, Healthy Me & Relationships
Physical health and fitness	<input type="checkbox"/> the characteristics and mental and physical benefits of an active lifestyle.	Healthy Me	Healthy Me	Healthy Me		Healthy Me & Changing Me	Healthy Me & Relationships	Healthy Me & Relationships
	<input type="checkbox"/> the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	Healthy Me	Healthy Me	Healthy Me		Healthy Me	Healthy Me	Healthy Me
	<input type="checkbox"/> the risks associated with an inactive lifestyle (including obesity).		Healthy Me	Healthy Me		Healthy Me	Healthy Me	Healthy Me
	<input type="checkbox"/> how and when to seek support including which adults to speak to in school if they are worried about their health.	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me & Relationships
Healthy eating	<input type="checkbox"/> what constitutes a healthy diet (including understanding calories and other nutritional content)	Healthy Me	Healthy Me	Healthy Me				
	<input type="checkbox"/> the principles of planning and preparing a range of healthy meals	Healthy Me	Healthy Me	Healthy Me				
	<input type="checkbox"/> the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me
Drugs, alcohol and tobacco	<input type="checkbox"/> the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me
Health and prevention	<input type="checkbox"/> how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body				Healthy Me			
	<input type="checkbox"/> about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer							
	<input type="checkbox"/> the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	Healthy Me	Healthy Me	Healthy Me			Relationships	Healthy Me
	<input type="checkbox"/> about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	Healthy Me	Healthy Me					Healthy Me
	<input type="checkbox"/> about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing	Healthy Me						
	<input type="checkbox"/> the facts and science relating to allergies, immunisation and vaccination							Healthy Me
Basic first aid	<input type="checkbox"/> how to make a clear and efficient call to emergency services if necessary				Healthy Me		Healthy Me	
	<input type="checkbox"/> concepts of basic first-aid, for example dealing with common injuries, including head injuries						Healthy Me	
Changing adolescent body	<input type="checkbox"/> key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes	Changing Me	Changing Me	Changing Me	Changing Me	Changing Me	Changing Me	Changing Me
	<input type="checkbox"/> about menstrual wellbeing including the key facts about the menstrual cycle				Changing Me	Changing Me	Changing Me	Changing Me

Changing adolescent body

This means -

In Reception - we teach the children the name of the body parts of the body and that we all grow from babies to adults;

In year 1 – we teach the children how their body has changed since I was a baby and the parts of the body that make boys different to girls and we use the correct names for these: penis, testicles, vagina, vulva, anus;

In year 2 – we teach the children how their body has changed since I was a baby and where they are on the continuum from young to old and the physical differences between boys and girls, using the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of our bodies are private;

In year 3 – we teach the children that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby, how babies grow and develop in the mother’s uterus, what a baby needs to live and grow and to identify how boys’ and girls’ bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up;

In year 4 – we teach the children that some of their personal characteristics have come from their birth parents and that this happens because they are made from the joining of their egg and sperm, how to correctly label the internal and external parts of male and female bodies that are necessary for making a baby, that having a baby is a personal choice and can express how I feel about having children when I am an adult and how a girl’s body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this;

In year 5 – we teach the children how boys’ and girls’ bodies change during puberty;

In year 6 – we teach the children how girls’ and boys’ bodies change during puberty and understand the importance of looking after yourself physically and emotionally.