PSHE Curriculum map

At Hermitage Primary School, we use Jigsaw, the mindful approach to PSHE, as our comprehensive scheme of work. The programme consists of six half-term units (Puzzles): Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me.

Each Puzzle contains lessons that build progressively through the school, developing children's emotional literacy, self-esteem, resilience and understanding of how to build positive, healthy relationships.

Age Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ages 4-5 Reception	Being me in my world	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 5-6 YEAR 1	Being me in my world	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 6-7 YEAR 2	Being me in my world	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 7-8 YEAR 3	Being me in my world	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9 YEAR 4	Being me in my world	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 9-10 YEAR 5	Being me in my world	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 10-11 YEAR 6	Being me in my world	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me