

St Mary's CofE Primary School



Art Curriculum Overview

Statement of Intent:

At St Mary's, our PSHE curriculum helps every child develop the knowledge, confidence and character to flourish as an individual and as part of a caring community. We nurture self-respect, empathy and a strong sense of belonging, encouraging children to recognise their own worth, understand others and make thoughtful choices. From Nursery to Year 6, pupils learn to manage feelings, build positive relationships, keep themselves safe and contribute responsibly to the world around them. Through open discussion, reflection and age-appropriate learning, children develop the courage to ask questions, the kindness to respect differences and the skills to make informed decisions as they grow.

Aims:

We base our PSHE curriculum on the Jigsaw PSHE 3–11 scheme of work. Its spiral approach enables children to revisit and deepen learning about relationships, health, wellbeing, identity, safety and citizenship. We aim for pupils to develop emotional literacy, resilience, independence and an understanding of rights and responsibilities. They learn to recognise risks, seek help, communicate respectfully and value the diverse people and communities around them. The curriculum is inclusive and ambitious, supporting all children to develop the knowledge and practical skills needed for healthy, safe and fulfilling lives.

How PSHE is taught at St Mary's:

PSHE is taught through planned, age-appropriate Jigsaw lessons across six half-termly units, supported by everyday relationships, class discussions, collective worship, pupil voice and the wider life of the school. Teachers create safe, respectful opportunities for children to explore feelings, practise social skills, ask questions and consider different viewpoints. Learning is revisited as children mature, with an increasing focus on independence, informed choices and responsibility. Sensitive content is taught in line with school policy, with appropriate safeguarding procedures, inclusion and parental communication. Teachers assess understanding through discussion, reflection, observation and pupil voice, adapting teaching to the needs of their class.

The school's vision, "Shining Brighter and Brighter", is reflected in children's growing confidence to care for themselves, show respect and kindness to others, and make a positive contribution.

Long Term Overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 2	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 3	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 4	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 5	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 6	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

Nursery | Knowledge, skills and vocabulary

Progression through the six Jigsaw Puzzles • Curriculum knowledge and key language

Term / Puzzle	Substantive knowledge	Social, emotional and practical skills	Selected vocabulary
Autumn 1 Being Me in My World	Recognise belonging to a group, simple class routines, feelings and the importance of gentle, kind behaviour.	Practise sharing, taking turns, asking for help and helping to care for classroom resources.	belong, feelings, kind, share, safe
Autumn 2 Celebrating Difference	Notice similarities and differences between themselves, friends and families; recognise that everyone has strengths.	Practise friendly play, using kind words and telling a trusted adult about unkind behaviour.	different, same, friend, family, kind
Spring 1 Dreams and Goals	Explore trying new things, simple challenges and the satisfaction of persevering.	Celebrate effort and ask for help when a task feels difficult.	try, goal, proud, help, challenge
Spring 2 Healthy Me	Begin naming feelings and identifying everyday ways to keep healthy and safe.	Practise handwashing, rest, movement, making safe choices and calming with adult support.	healthy, wash, safe, happy, worried
Summer 1 Relationships	Recognise people who care for them and ways to be a good friend.	Practise turn-taking, personal space, kind touch and seeking adult support.	friend, care, gentle, stop, help
Summer 2 Changing Me	Notice how they have grown and changed; name familiar body parts appropriately.	Express likes, dislikes and feelings about change; prepare for new routines.	grow, change, body, feelings, new

Reception | Knowledge, skills and vocabulary

Progression through the six Jigsaw Puzzles • Curriculum knowledge and key language

Term / Puzzle	Substantive knowledge	Social, emotional and practical skills	Selected vocabulary
Autumn 1 Being Me in My World	Understand that everyone belongs, people are similar and different, and class agreements protect learning and play.	Name feelings, cooperate, use gentle hands and make choices that help others feel safe.	rights, responsibilities, feelings, similar, different
Autumn 2 Celebrating Difference	Understand that friends and families can be different; identify qualities of a kind friend.	Recognise unkind behaviour, stand up for themselves safely and seek help.	unique, friendship, kind, unkind, proud
Spring 1 Dreams and Goals	Identify a goal, a challenge and steps towards achieving it; talk about jobs people do.	Persist when learning is difficult and celebrate success in themselves and others.	goal, challenge, perseverance, proud, job
Spring 2 Healthy Me	Know some ways to look after physical health and wellbeing, including safety and hygiene.	Talk about feelings, recognise worries and identify trusted adults who can help.	healthy, hygiene, feelings, safety, help
Summer 1 Relationships	Know that people who care for us can support us and that friendships involve kindness and respect.	Use words to communicate boundaries, resolve simple disagreements and include others.	friendship, caring, respect, safe, trust
Summer 2 Changing Me	Describe ways people grow and change and identify feelings about moving to Year 1.	Practise asking questions, expressing worries and recognising what stays familiar.	change, grow, feelings, transition, confident

Year 1 | Knowledge, skills and vocabulary

Progression through the six Jigsaw Puzzles • Curriculum knowledge and key language

Term / Puzzle	Substantive knowledge	Social, emotional and practical skills	Selected vocabulary
Autumn 1 Being Me in My World	Explore class rights and responsibilities, the Learning Charter, choices and consequences.	Feel valued and safe; contribute ideas and welcome others.	belonging, responsibilities, choices, consequences, safe
Autumn 2 Celebrating Difference	Identify similarities and differences; learn what bullying is and how to seek help.	Make friends, give compliments and show courage in supporting others.	difference, bullying, inclusive, courage, courtesy
Spring 1 Dreams and Goals	Set simple goals and identify steps, obstacles and personal strengths.	Work with a partner, persevere and celebrate achievements.	goal, challenge, achievement, obstacle, proud
Spring 2 Healthy Me	Explore healthy and less healthy choices, keeping clean and looking after bodies.	Recognise how choices affect feelings and identify sources of support.	healthy, hygiene, choices, feelings, safe
Summer 1 Relationships	Identify different people in families and friendships and recognise trusted adults.	Practise kind communication, listening and responding to friendship difficulties.	family, friend, trust, kind, respect
Summer 2 Changing Me	Understand growing, changing and naming external body parts accurately, within the taught programme.	Express feelings about change and identify ways to ask for help.	body, change, grow, feelings, private

Year 2 | Knowledge, skills and vocabulary

Progression through the six Jigsaw Puzzles • Curriculum knowledge and key language

Term / Puzzle	Substantive knowledge	Social, emotional and practical skills	Selected vocabulary
Autumn 1 Being Me in My World	Consider hopes and fears, class contributions, rights, responsibilities and the effects of choices.	Listen to others, cooperate and ask for help when worried.	rights, responsibilities, worried, consequences, fair
Autumn 2 Celebrating Difference	Explore assumptions, stereotypes, difference and the effects of bullying.	Stand up for themselves and others safely and seek help from trusted adults.	assumptions, stereotypes, bullying, respect, support
Spring 1 Dreams and Goals	Set realistic goals, reflect on strengths and learn how teamwork helps achieve success.	Manage disappointment, share success and recognise relaxation strategies.	goal, realistic, success, teamwork, relaxed
Spring 2 Healthy Me	Understand healthy choices, medicines and everyday ways to keep safe.	Recognise emotions and practise asking for help with health or safety concerns.	healthy, medicines, safe, choices, feelings
Summer 1 Relationships	Explore family relationships, friendship, privacy and how to manage disagreements.	Recognise helpful and unhelpful behaviour; communicate feelings and boundaries.	friendship, family, privacy, conflict, trust
Summer 2 Changing Me	Recognise changes in bodies as children grow and understand that people develop at different rates.	Identify feelings about change and develop confidence about moving forward.	growth, change, body, feelings, independence

Year 3 | Knowledge, skills and vocabulary

Progression through the six Jigsaw Puzzles • Curriculum knowledge and key language

Term / Puzzle	Substantive knowledge	Social, emotional and practical skills	Selected vocabulary
Autumn 1 Being Me in My World	Recognise personal achievements, set goals and understand rules, rights and responsibilities.	Show empathy, consider others' viewpoints and make responsible choices.	achievement, rights, responsibilities, empathy, viewpoint
Autumn 2 Celebrating Difference	Explore diverse families, conflict, bullying and the role of witnesses.	Use calm problem-solving and words that support rather than hurt.	family, bystander, witness, conflict, kindness
Spring 1 Dreams and Goals	Consider people who overcome challenges; break personal goals into manageable steps.	Manage frustration, work collaboratively and evaluate progress.	ambition, motivation, challenge, resilience, evaluate
Spring 2 Healthy Me	Explore nutrition, physical activity, health and factors influencing healthy choices.	Recognise feelings and make informed decisions about safety and wellbeing.	nutrition, exercise, healthy, influence, wellbeing
Summer 1 Relationships	Explore friendship groups, belonging, safe relationships and online interactions.	Identify appropriate boundaries and how to seek help when uncomfortable.	friendship, belonging, online, boundaries, trust
Summer 2 Changing Me	Understand growth, changing responsibilities and introductory age-appropriate body changes.	Express questions and concerns respectfully and identify reliable adults.	change, body, responsibilities, feelings, support

Year 4 | Knowledge, skills and vocabulary

Progression through the six Jigsaw Puzzles • Curriculum knowledge and key language

Term / Puzzle	Substantive knowledge	Social, emotional and practical skills	Selected vocabulary
Autumn 1 Being Me in My World	Explore school community roles, democracy, rights and how actions affect others.	Welcome and include others, participate in group decisions and practise empathy.	democracy, community, contribution, rights, respect
Autumn 2 Celebrating Difference	Question first impressions, assumptions and stereotypes; understand bullying and protected characteristics.	Recognise the role of witnesses and practise safe ways to seek help.	stereotype, bullying, witness, prejudice, respect
Spring 1 Dreams and Goals	Explore hopes, dreams, setbacks and ways to plan achievable goals.	Build perseverance and support others during group challenges.	aspiration, disappointment, resilience, goal, teamwork
Spring 2 Healthy Me	Explore healthy lifestyles, medicines and risks, including influences on decisions.	Discuss pressures and identify trusted sources of advice.	healthy, risk, pressure, choice, wellbeing
Summer 1 Relationships	Explore relationships, friendship dynamics and keeping personal information safe.	Practise respectful communication and recognise unhealthy or unsafe situations.	relationship, privacy, personal information, trust, safety
Summer 2 Changing Me	Understand puberty as a normal process and recognise physical and emotional changes.	Discuss change sensitively and identify trustworthy support and information.	puberty, change, emotions, hygiene, support

Year 5 | Knowledge, skills and vocabulary

Progression through the six Jigsaw Puzzles • Curriculum knowledge and key language

Term / Puzzle	Substantive knowledge	Social, emotional and practical skills	Selected vocabulary
Autumn 1 Being Me in My World	Explore rights and responsibilities, leadership, democracy, privilege and global citizenship.	Empathise with people whose experiences differ and contribute constructively to decisions.	citizen, leadership, rights, privilege, empathy
Autumn 2 Celebrating Difference	Explore cultural difference, racism, discrimination and direct and indirect bullying.	Challenge prejudice respectfully and support those experiencing bullying.	racism, discrimination, stereotype, cyberbullying, respect
Spring 1 Dreams and Goals	Explore jobs, money, aspirations, opportunity and barriers to achieving goals.	Reflect on personal strengths, risk and ways to support others' aspirations.	aspiration, career, salary, opportunity, financial harm
Spring 2 Healthy Me	Explore body image, influences, smoking, vaping, alcohol and healthy decision-making.	Recognise pressure, distinguish facts from opinions and seek reliable help.	body image, influence, nicotine, vaping, informed decision
Summer 1 Relationships	Explore online safety, age restrictions, personal data, grooming, gambling and digital wellbeing.	Recognise risky interactions, protect privacy and report concerns to trusted adults.	grooming, privacy, loot boxes, screen time, reporting
Summer 2 Changing Me	Explore puberty, menstruation and reproduction-related vocabulary appropriate to the planned RSHE lessons.	Develop self-respect, discuss body image and identify reliable sources of advice.	puberty, menstruation, body image, consent, self-esteem

Year 6 | Knowledge, skills and vocabulary

Progression through the six Jigsaw Puzzles • Curriculum knowledge and key language

Term / Puzzle	Substantive knowledge	Social, emotional and practical skills	Selected vocabulary
Autumn 1 Being Me in My World	Explore goals, responsibilities, children's rights, democracy, the law and global citizenship.	Model positive choices, recognise worries and help others feel included.	democracy, lawful, rights, resilience, trusted adult
Autumn 2 Celebrating Difference	Explore prejudice, equality, protected characteristics, bullying and power imbalances.	Challenge stereotypes and practise empathy, inclusion and problem-solving.	equality, protected characteristics, prejudice, power, belonging
Spring 1 Dreams and Goals	Set ambitious but realistic goals; explore global issues and community action.	Motivate themselves, work collaboratively and recognise others' achievements.	aspiration, strategy, success criteria, global, contribution
Spring 2 Healthy Me	Explore emotional and mental health, stress, drugs, exploitation and personal safety.	Recognise pressure and warning signs; practise help-seeking and coping strategies.	mental health, stress, exploitation, drugs, prevention
Summer 1 Relationships	Explore consent, control, personal data, AI, online risks and signs of unhealthy relationships.	Use assertive communication, recognise warning signs and seek trusted support.	consent, privacy, AI, control, early warning signs
Summer 2 Changing Me	Explore puberty, birth and transition-related learning as planned, including relevant safeguarding messages.	Reflect on self-image, feelings, change and preparing for secondary school.	puberty, transition, self-image, consent, worries