





PSHE at Bridge Junior School

PSHE helps children understand themselves, build positive relationships and prepare for life beyond school. We follow Jigsaw, a planned and progressive programme that brings together personal, social, health and economic education.

Know themselves

Children learn to recognise feelings, strengths and needs, develop self-esteem and understand how their choices can affect wellbeing.

Relate well to others

Children explore families, friendships, difference, respect and conflict so they can form healthy relationships and contribute to an inclusive community.

Make responsible choices

Children consider health, safety, online behaviour, rights, responsibilities and future goals. They learn when and how to seek help from a trusted adult.

By the end of Year 6, children are better equipped to manage emotions and change, communicate respectfully, stay safe and approach secondary school with confidence.



What we want our children to know...

Wellbeing and self-awareness

Children learn to name and manage emotions, recognise personal strengths and understand the habits that support physical and mental wellbeing.

Relationships and respect

Children learn about different families, friendship, trust, boundaries, conflict and bullying. They practise listening, empathy and respectful communication online and offline.

Choices and citizenship

Children consider consequences, make informed choices and understand how rules, democracy, rights and responsibilities help communities work well.



How we teach PSHE at Bridge...

Jigsaw provides a clear spiral programme. Each half term has a shared theme across school, revisited at a level that is appropriate for the children's age and experience.

1

Connect

Teachers begin with familiar experiences and vocabulary, helping children connect new learning with previous themes.

2

Explore

Stories, examples and thoughtful questions introduce feelings, relationships, choices and real-life situations.

3

Talk and listen

Children discuss ideas, listen to different viewpoints and practise respectful, age-appropriate language.

4

Try it

Children rehearse safe and helpful responses through role play, problem-solving and reflection.

5

Reflect

Children consider what they have learned, how it applies to them and where they can get support.

Safe and inclusive

Clear ground rules create a respectful space. Teaching recognises different families, cultures, needs and experiences.

Across school life

PSHE is reinforced through safeguarding, online safety, behaviour, school values, pupil voice and everyday relationships.



How we know that our children are doing well...

They understand themselves

Children can name feelings, recognise strengths and explain choices that support their physical and emotional wellbeing.

They relate well

Children listen, communicate respectfully, value difference and use constructive ways to manage friendship difficulties.

They stay safe

Children recognise unsafe situations, understand boundaries and online risks, and know how to seek help from trusted adults.

They contribute

Children take responsibility, consider consequences and contribute positively to class, school and the wider community.

What teachers check

Teachers use discussion, observation, reflection, pupil voice and responses to scenarios to notice understanding, confidence and application in everyday school life.

What success looks like

Children become confident, respectful and responsible. They manage change more positively, know where to find help and leave ready for relationships and health education at Key Stage 3.



TERM PLAN

The six Jigsaw themes...

Being Me In My World	Celebrating Difference	Dreams and Goals
Healthy Me	Relationships	Changing Me

How the themes work

Every year group follows the same six themes in the same order. This creates a shared language across school while allowing ideas about wellbeing, relationships, safety, responsibility and change to deepen as children grow.



What children learn about in each year group...

Year 3

Being Me: Self-worth, challenges, class rules, rights and responsibilities.

Celebrating Difference: Families, friendship fallouts, bullying and problem-solving.

Dreams and Goals: Ambitions, overcoming obstacles and learning from others.

Healthy Me: Exercise, food, health and medicines that help us.

Relationships: Family roles, stereotypes, online safety and gaming.

Changing Me: Growing, changing and feelings about becoming older.

Year 4

Being Me: Teamwork, choices, democracy and roles within school.

Celebrating Difference: Ideas of 'normal', influences and bullying, including online.

Dreams and Goals: Disappointment, resilience and overcoming challenges.

Healthy Me: Friendship groups and the health effects of smoking and alcohol.

Relationships: Friendship, jealousy, loss and ways to cope with feelings.

Changing Me: Hygiene, change and the range of emotions it can bring.



OVERVIEW

What children learn about in each year group...

Year 5

Being Me: Community rights, responsibilities, behaviour and democracy.

Celebrating Difference: Culture, racism, respect and responding to bullying.

Dreams and Goals: Jobs, aspirations and practical steps towards personal goals.

Healthy Me: Alcohol and tobacco risks, emergencies and body image.

Relationships: Self-esteem, friendships and staying safe online.

Changing Me: Body image, puberty and increasing responsibility.

Year 6

Being Me: Children's rights, global responsibility and democracy.

Celebrating Difference: Identity, group power, difference and bullying.

Dreams and Goals: Global issues, personal strengths and realistic goals.

Healthy Me: Responsible choices for physical and emotional health.

Relationships: Mental wellbeing, online safety and positive communication.

Changing Me: Puberty, respectful relationships and secondary transition.



AL LINKS

PSHE across school life...

PSHE is strengthened by the language, relationships and responsibilities children experience throughout the school day.

1

Use Your Voice

Discussion and oracy help children express feelings, explain viewpoints, listen carefully and ask for support.

2

Values and behaviour

Courage, kindness, belonging, resilience and integrity are reinforced through choices, relationships and reflection.

3

Safeguarding and help

Children learn to notice concerns, understand personal boundaries and identify trusted adults who can help.

4

Online safety

Teaching connects relationships, communication and self-esteem with safe, respectful behaviour online.

5

Citizenship and democracy

Pupil voice, teamwork and shared decisions help children understand rights, responsibilities and participation.

6

Inclusion and belonging

Different families, cultures, identities, needs and viewpoints are recognised so every child can feel seen and respected.



Vocabulary for new to English learners...

These high-utility words help pupils name feelings, talk about relationships, understand choices and ask for help during PSHE and everyday school life.

FEELING WORDS

happy	lonely
sad	safe
worried	unsafe
angry	excited
calm	
proud	

RELATIONSHIP WORDS

family	respect
friend	kind
adult	fair
child	help
team	belong
trust	

CHOICE WORDS

choose	stop
share	agree
listen	disagree
speak	change
ask	

HEALTH & SAFETY

body	medicine
mind	danger
healthy	private
exercise	emergency
food	safe
sleep	

SPEAKING STEMS

I feel...
I think...
I agree because...
I need help with...
Please stop...
I can help by...



Topic progression across Years 3–6...

Stage	Main focus	Children explore	Growing independence
Year 3	Belonging and feelings	Self-worth, rules, rights, responsibilities and responding to challenges	Name feelings and ask a trusted adult for help
	Families and friendship	Different families, friendship fallouts, bullying and simple conflict resolution	Use kind language and try a solution
Year 4	Teams and democracy	How actions affect a team; roles, choices and democracy in school	Take a role and explain a fair choice
	Influence and bullying	Ideas of 'normal', peer influence and bullying, including online	Recognise pressure and seek support
	Feelings and change	Jealousy, loss, hygiene and the emotions linked with change	Choose a helpful coping strategy
Year 5	Community and respect	Rights, responsibilities, culture, racism, behaviour and democracy	Challenge disrespect and act responsibly
	Goals and healthy choices	Jobs, aspirations, alcohol and tobacco risks, emergencies and body image	Plan steps and make informed choices
	Self-esteem and puberty	Online and offline relationships, self-image, puberty and growing responsibility	Use safety strategies and ask questions
Year 6	Rights and difference	Global rights, identity, group power, bullying and social responsibility	Consider different viewpoints and consequences
	Wellbeing and relationships	Physical and emotional health, online safety and respectful communication	Manage wellbeing and support others appropriately
	Change and transition	Puberty, mutual respect, relationships and moving to secondary school	Prepare for change and identify support



How PSHE builds over time...

Area	Focus	Lower Key Stage 2	Upper Key Stage 2
Self	Identity and belonging	Recognise personal strengths, feelings and place within a class or team	Develop secure self-respect and consider identity within wider communities
	Rights and responsibility	Understand shared rules, choices and simple responsibilities	Consider democracy, global rights and the impact of behaviour
Others	Families and friends	Recognise different families and practise skills for friendship	Understand more complex emotions, trust, loss and mutual respect
	Conflict and bullying	Identify bullying and use simple strategies to solve friendship problems	Understand influence, group power, racism and how to challenge harm
	Online relationships	Use basic safety rules and know when to ask for help	Protect self-esteem, privacy and wellbeing in online communication
Health	Emotional health	Name emotions and practise calming or coping strategies	Take greater responsibility for mental wellbeing and support networks
	Physical health	Understand exercise, food, hygiene and safe use of medicines	Explore body image, substances, risk and informed health choices
	Safety and help	Recognise unsafe situations and identify trusted adults	Apply boundaries, emergency knowledge and help-seeking strategies
Future	Goals and resilience	Set achievable goals and keep going through manageable challenge	Connect strengths, aspirations and practical next steps
	Growing and changing	Understand that bodies, feelings and responsibilities change	Understand puberty and relationships with greater maturity
	Transition	Approach everyday change with a range of coping strategies	Prepare confidently for secondary school and increasing independence



THE LINKS

PSHE beyond school...

Talk and listen

Make regular time for calm conversation. Listen without rushing to solve the problem and help children find words for feelings.

Discuss choices

Use stories, news and daily events to talk about fairness, consequences, kindness and what a responsible choice might look like.

Practise safety

Agree family rules for devices and online communication. Remind children which trusted adults they can speak to if something worries them.

Support healthy habits

Talk positively about sleep, food, movement, rest and body changes. Avoid comparing bodies and focus on health, care and respect.

Build confidence

Notice effort, honesty and resilience. Let children make manageable choices, solve small problems and learn that asking for help is a strength.

Useful questions

How are you feeling? What happened? What choices do you have? What would be kind and safe? Who could help? What are you proud of?