

2026-27 PSHE Jigsaw – Relationships – Summer 1 Coverage

	Year 3	Year 4	Year 5	Year 6
Week 1	Family roles and responsibilities identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females describe how taking some responsibility in my family makes me feel	Jealousy recognise situations which can cause jealousy in relationships identify feelings associated with jealousy and suggest strategies to problem-solve when this happens	Recognising me have an accurate picture of who I am as a person in terms of my characteristics and personal qualities know how to keep building my own self-esteem	What is mental health? know that it is important to take care of my mental health understand that people can get problems with their mental health and that it is nothing to be ashamed of
Week 2	Friendship identify and put into practice some of the skills of friendship know how to negotiate in conflict situations to try to find a win-win solution	Love and loss identify someone I love and express why they are special to me know how most people feel when they lose someone or something they love	Safety with online communities understand that belonging to an online community can have positive and negative consequences recognise when an online community feels unsafe or uncomfortable	My mental health know how to take care of my mental health help myself and others when worried about a mental health problem
Week 3	Keeping myself safe online know and use some strategies for keeping myself safe online know who to ask for help if I am worried or concerned about anything online	Memories tell you about someone I know that I no longer see understand that we can remember people even if we no longer see them	Being in an online community understand there are rights and responsibilities in an online community or social network recognise when an online community is helpful or unhelpful to me	Love and loss understand that there are different stages of grief and that there are different types of loss that cause people to grieve recognise when I am feeling those emotions and have strategies to manage them
Week 4	Being a global citizen 1 explain how some of the actions and work of people around the world help and influence my life	Getting on and falling out recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends	Online gaming know there are rights and responsibilities when playing a game online recognise when an online game is	Power and control recognise when people are trying to gain power or control demonstrate ways I could stand up for myself and my friends in situations where others

	show an awareness of how this could affect my choices	know how to stand up for myself and how to negotiate and compromise	becoming unhelpful or unsafe	are trying to gain power or control
Week 5	Being a global citizen 2 understand how my needs and rights are shared by children around the world and to identify how our lives may be different empathise with children whose lives are different to mine and appreciate what I may learn from them	Celebrating my relationships with people and animals know how to show love and appreciation to the people and animals who are special to me know that I can love and be loved	My relationship with technology: screen time recognise when I am spending too much time using devices (screen time) identify things I can do to reduce screen time, so my health isn't affected	Being online: Real or fake? Safe or unsafe? judge whether something online is safe and helpful for me resist pressure to do something online that might hurt myself or others
Week 6	Celebrating my web of relationships know how to express my appreciation to my friends and family enjoy being part of a family and friendship groups	Keeping track of money identify different ways that I can pay for things and keep track of money recognise how and why people decide to spend their money	Relationships and technology explain how to stay safe when using technology to communicate with my friends recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others	Using technology responsibly use technology positively and safely to communicate with my friends and family take responsibility for my own safety and well-being Girlfriends and boyfriends understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend