

PSHE&C – SEAL/Jigsaw themes 2025-2026

	Autumn	Spring	Summer
Nursery and Reception	<ul style="list-style-type: none"> • New Beginnings – Being me in my World including feelings, emotions and being responsible • Routines • Friendships - feelings and celebrating difference 	<ul style="list-style-type: none"> • Going for Goals and Dreams and Goals • Good To Be Me – being assertive • Relationships – including solutions to conflicts • Keeping safe - road safety • Healthy Me 	<ul style="list-style-type: none"> • Respect for others and living things • Communities (including emergency services and people who keep us safe) and relationships • Changing me – transition support
Year 1	<ul style="list-style-type: none"> • New Beginnings • Getting on & Falling Out • Relationships • Dreams and Goals/Going for Goals • Changing Me • Being Me in My World 	<ul style="list-style-type: none"> • Healthy Me/Being Me In My World/Good To Be Me • Relationships • Dreams and Goals • Changing Me 	<ul style="list-style-type: none"> • Relationships • Changes/Changing Me • Say No to Bullying • Celebrating Difference • Dreams and Goals
Year 2	<ul style="list-style-type: none"> • New Beginnings • Good To Be Me/Celebrating Difference/Healthy Me • Relationships • Changing Me • Being Me in My World 	<ul style="list-style-type: none"> • Relationships • Getting on and Falling Out • Say No to Bullying • Celebrating Difference 	<ul style="list-style-type: none"> • Relationships • Going for Goals/Dreams and Goals • Changes/Changing Me
Year 3	<ul style="list-style-type: none"> • Changes • Going for Goals/Dreams and Goals • New Beginnings • Being Me In My World • Healthy Me • Celebrating Difference 	<ul style="list-style-type: none"> • Good To Be Me • Say No to Bullying • Relationships • Healthy Me • Celebrating Difference 	<ul style="list-style-type: none"> • New Beginnings • Relationships • Getting on & falling Out • Changing Me/Changes • Celebrating Difference
Year 4	<ul style="list-style-type: none"> • New Beginnings • Going for Goals/Dreams and Goals • Celebrating Difference • Being Me in My World 	<ul style="list-style-type: none"> • Good To Be Me • Say No to Bullying • Getting on & Falling Out • Celebrating Difference • Relationships 	<ul style="list-style-type: none"> • Relationships • Changes/Changing Me • Healthy Me
Year 5	<ul style="list-style-type: none"> • New Beginnings • Good To Be Me • Relationships • Going for Goals • Being Me in My World 	<ul style="list-style-type: none"> • Say No to Bullying • Going for Goals/Dreams and Goals • Celebrating Difference • Being Me In My World 	<ul style="list-style-type: none"> • Healthy Me • Changes/Changing Me • Dreams and Goals
Year 6	<ul style="list-style-type: none"> • New Beginnings • Being Me In My World • Relationships 	<ul style="list-style-type: none"> • Celebrating Difference • Dreams and Goals • Say No to Bullying 	<ul style="list-style-type: none"> • Relationships • Changes/Changing Me • Healthy Me