



PSHE Progression Year 1 – Year 6

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Year One	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year Two	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year Three	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year Four	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year Five	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year Six	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

At Cobden we follow the Jigsaw scheme for PSHE and the units above correspond to this.

The RSE has been collated in collaboration with our wider school community and other opportunities are included throughout the year.