



**PSHE and Jigsaw**  
A progression in the knowledge and understanding



**Intent:** At St. Nicholas Primary School we use Jigsaw, the mindful approach to PSHE. It is an integrated scheme of learning, for Personal, Social, Health Education, with emphasis on emotional literacy, mental health, SMSC and spiritual development. Jigsaw is a unique, spiral, progressive and effective PSHE scheme of work, aiming to prepare children for life, helping them really know and value who they truly are and understand how they relate to other people in this ever-changing world.

	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>Year 1</b>	<ul style="list-style-type: none"> <li>Know how to use my Jigsaw Journal</li> <li>Feel special and safe in my class</li> <li>Know the rights and responsibilities of being a member of the class</li> <li>Recognise the choices I make and understand the consequences</li> </ul> <p><b>CG- Create a class: Right and Responsibilities poster</b></p>	<ul style="list-style-type: none"> <li>Identify similarities/ differences between others in my class and myself</li> <li>To understand these differences make us all special and unique</li> <li>Know what bullying is</li> <li>Know what to do if self/ others are unhappy</li> <li>Know how to make new friends</li> </ul> <p><b>CG- Perform jigsaw song: 'There's a place'</b></p>	<ul style="list-style-type: none"> <li>Identify simple goals</li> <li>Know how to work with a partner</li> <li>Can tell others how it felt to succeed in a new challenge</li> </ul> <p><b>CG- Feedback/Presentation to class: 'My challenge'</b></p>	<ul style="list-style-type: none"> <li>Understand the difference in being healthy /unhealthy</li> <li>Know some ways of how to be clean and healthy</li> <li>Understand that medicines can help people if they are poorly and how to use them safely</li> <li>Know how to be safe when crossing the road</li> </ul> <p><b>CG- Create a 'Being healthy' poster</b></p>	<ul style="list-style-type: none"> <li>Identify own members of family</li> <li>Know that not all families are the same/ there are different types of families</li> <li>Identify what 'a good friend' means to them</li> <li>Know who can help me in the school community</li> <li>Recognise own qualities as a person / friend</li> <li>Know appropriate ways to greet friends</li> </ul> <p><b>CG- Class collage: How to be a good friend</b></p>	<ul style="list-style-type: none"> <li>Begin to understand the life cycles of humans and some animals</li> <li>Explain some things that have changed / stayed the same for themselves</li> <li>Identify the parts of the body that make boys different to girls and can use the correct names for: penis, testicles, vagina</li> <li>Respect own body and understand which parts are private</li> </ul> <p><b>CG- Venn diagram poster: Bodies</b></p>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>Understand the rights and responsibilities of being a member of the class</li> <li>Recognise some hopes/ fears relating to themselves</li> <li>Recognise the choices I make and understand the consequences</li> </ul> <p><b>CG- Create a poster: Right and Responsibilities</b></p>	<ul style="list-style-type: none"> <li>Begin to understand about how people can be stereotyped/ have assumptions made about them</li> <li>Know what bullying is and identify how it can happen (differences in people)</li> <li>Understand it is okay to be different to others</li> <li>Identify some ways in which my friend is different from me and why/how that is valued</li> </ul> <p><b>CG- Presentation: Why I'm special</b></p>	<ul style="list-style-type: none"> <li>Choose a realistic goal to work towards</li> <li>Explain/show how they have tried (persevered) even when something is difficult</li> <li>Recognise who they work well with/ don't work well with and why</li> <li>Explain how they have contributed well to group work</li> </ul> <p><b>CG- Create guidelines: How to work as a team</b></p>	<ul style="list-style-type: none"> <li>Identify what is needed for a body to be healthy</li> <li>Show/explain what relaxed looks like</li> <li>Know what makes them feel relaxed</li> <li>Know how to make some healthy snacks and explain why they are good for the body</li> </ul> <p><b>CG- Presentation: How to stay healthy</b></p>	<ul style="list-style-type: none"> <li>Identify own members of family and know their relationship to them</li> <li>Identify some of the things that cause conflict between themselves and friends</li> <li>Explain when it is good / not good to keep a secret</li> <li>Recognise people that can help – at home, at school, elsewhere</li> </ul> <p><b>CG- Poster: Who to go to for help</b></p>	<ul style="list-style-type: none"> <li>Recognise cycles of life in nature</li> <li>Recognise how their bodies have changed as they have aged</li> <li>Demonstrate an understanding of where they are on the age continuum</li> <li>Recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private</li> </ul> <p><b>CG- Venn diagram poster: Bodies</b></p>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>Recognise their own positive traits and achievements</li> <li>Demonstrate that they ask for help <u>when</u> they need it</li> <li>Explain why rules are needed</li> <li>Understand the rights and responsibilities for being a member of my class</li> <li>Know how actions can affect people's feelings</li> <li>Explain a situation from another person's point of view</li> </ul> <p><b>CG- Instructions/guidelines: How to be a good person/citizen</b></p>	<ul style="list-style-type: none"> <li>Understand that everyone's family is different and important to them</li> <li>Understand that differences and conflicts can happen in families</li> <li>Know what bullying is and identify how it can happen (differences in people)</li> <li>Understand what it means to be a bystander to bullying</li> <li>Identify how a bystander can help in a bullying situation</li> </ul> <p><b>CG- Presentation: Conflict and consequences</b></p>	<ul style="list-style-type: none"> <li>Explain about someone who has had difficulties but achieved success</li> <li>Identify a dream/ goal that is important to them</li> <li>Recognise obstacles they might face and identify ways to overcome them</li> <li>Evaluate own learning process and identify how it can be better next time</li> </ul> <p><b>CG- Guidelines: How to overcome challenges and obstacles</b></p>	<ul style="list-style-type: none"> <li>Identify how exercise affects the body</li> <li>Know why heart and lungs are important body organs</li> <li>Know how fat/sugar can affect the body</li> <li>Identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help</li> </ul> <p><b>CG- Presentation: Staying Healthy</b></p>	<ul style="list-style-type: none"> <li>Know the roles and responsibilities of different family members</li> <li>Identify and put into practice friendship skills ie turn taking, good listening</li> <li>Know strategies to stay safe online</li> <li>Understand how own needs / rights are shared by children around the world</li> <li>Explain how life/work of other people in the world influences/helps their life</li> <li>Know and demonstrate how to show appreciation</li> </ul> <p><b>CG- Poster: Right and responsibilities</b></p>	<ul style="list-style-type: none"> <li>Understand what a baby needs to live and grow</li> <li>Understand that boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up</li> <li>Recognise how I feel about these changes happening to me and know how to cope with these feelings</li> <li>Begin to recognise stereotypical ideas around parenting and family roles</li> </ul> <p><b>CG- Poster: Growing up</b></p>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>Know my actions and attitudes can affect the class/ a team</li> <li>Understand the school community and the different roles of people</li> <li>Understand how democracy works ie through school council, and the benefits of pupil voice</li> <li>Understand how groups can make decisions together ie collaboration and compromise</li> </ul> <p><b>CG- Advert: Become a member of the school council</b></p>	<ul style="list-style-type: none"> <li>Understand that assumptions are sometimes made based on appearance</li> <li>Explain a time when a first impression of someone changed as I got to know them</li> <li>Know that bullying is hard to spot and what to do if bullying is suspected</li> <li>Explain about bystanders to bullying and identify how a bystander can help in a bullying situation</li> <li>Identify the ways in which they are special and unique</li> </ul> <p><b>CG- Presentation: What makes us unique</b></p>	<ul style="list-style-type: none"> <li>Explain own hopes and dreams</li> <li>Understand not all hopes and dreams are successful</li> <li>Know how to make a new plan and set new goals even when disappointed</li> <li>Know what it means to be resilient and to have a positive attitude</li> </ul> <p><b>CG-Instructions: How to work in as part of a team</b></p>	<ul style="list-style-type: none"> <li>Identify how different friendship groups are formed</li> <li>Understand the role of leaders and followers in discussions.</li> <li>Understand the facts around smoking and its effect on health</li> <li>Identify some of the reasons someone might start smoking</li> <li>Understand the facts around alcohol and its effect on health</li> <li>Recognise when people are putting me under pressure and explain ways to resist this</li> </ul> <p><b>CG- Poster: Right and Wrong</b></p>	<ul style="list-style-type: none"> <li>Recognise situations that can cause jealousy in relationships</li> <li>Identify someone that is special to them and explain why they love them.</li> <li>Recognise how friendships change</li> <li>Know how to make new friends and deal with 'falling out' situations</li> <li>Know how to show love and appreciation for people/animals that are special to them.</li> </ul> <p><b>CG- Presentation: How to be a good friend (link Computing)</b></p>	<ul style="list-style-type: none"> <li>Understand how/why people are unique including how some personal characteristics come from birth parents</li> <li>Understand and be able to name changes that are out of their control</li> <li>Identify changes they would like to make and how to go about it</li> <li>Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</li> </ul> <p><b>CG: Create a poster: Changes</b></p>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>Describe how to be positive when facing new challenges and setting new goals</li> <li>Understand the rights and responsibilities of UK citizens</li> <li>Understand the rights and responsibilities of people in school</li> <li>Understand how behaviour can impact on a group</li> <li>Understand how democracy works ie through school council,</li> </ul>	<ul style="list-style-type: none"> <li>Understand how cultural differences can cause conflict</li> <li>Understand what racism is</li> <li>Understand different forms of bullying</li> <li>Explain the differences between direct/indirect types of bullying</li> <li>Understand about a culture that is different from own</li> </ul>	<ul style="list-style-type: none"> <li>Know about a range of jobs and careers</li> <li>Identify a future career and understand what is needed to achieve it</li> <li>Describe own dreams and goals</li> <li>Describe dreams and goals of someone from a different culture</li> <li>Identify ways to support someone</li> </ul>	<ul style="list-style-type: none"> <li>Know the risks of smoking and how tobacco affects health</li> <li>Know some of the risks of misusing alcohol and the effect on heart/liver</li> <li>Understand what is meant by the term anti-social</li> <li>Understand that body image can affect mental health</li> <li>Investigate and evaluate the effect of social media on body image</li> <li>Understand the different role of food in people's lives</li> </ul>	<ul style="list-style-type: none"> <li>Understand themselves in terms of their personal qualities and characteristics</li> <li>Understand that belonging to an online community can have +/- consequences</li> <li>Understand and explain the rights and responsibilities of an online community / social network</li> <li>Understand and explain the rights and responsibilities of gaming online</li> <li>Recognise and understand the need for 'screen time'</li> </ul>	<ul style="list-style-type: none"> <li>Describe own self image and explain how body image fits into that</li> <li>Explain the changes that happen in girls and boys bodies during puberty</li> <li>Understand the importance of looking after themselves, physically and emotionally</li> <li>Understand how conception through intercourse can lead to a baby being made</li> </ul> <p><b>CG- Presentation: Growing up</b></p>

	and the benefits of pupil voice  <b>CG- Performance: Scenarios- behaviour</b>	<b>CG- Presentation: Different cultures</b>	else with their dreams/goals  <b>CG- Create a poster: Support</b>	and link to body image / eating disorders  <b>CG- Debate: Media/social media- body image</b>	limitation and explain the reason/s why <ul style="list-style-type: none"> <li>Know how to stay safe online</li> </ul> <b>CG- Poster: Rights and responsibilities</b>	
<b>Year 6</b>	<ul style="list-style-type: none"> <li>Identify goals for the forthcoming year</li> <li>Explain fears and worries for the future and the best ways to express them</li> <li>Know that there are universal rights for children but for some children these are not met</li> <li>Understand how own actions can affect others locally/ globally</li> </ul> <b>CG- Presentation: Our school community</b>	<ul style="list-style-type: none"> <li>Understand there are different perceptions of what 'being normal' is</li> <li>Know how being different can affect people's lives</li> <li>Explain the ways in which an individual or group, can have power over others</li> <li>Identify some of the reasons people may use bullying behaviour over others</li> </ul> <b>CG- Poster: We are all different</b>	<ul style="list-style-type: none"> <li>Know own learning strengths and set realistic achievable goals (in and out of school)</li> <li>Work out the steps needed to achieve goal</li> <li>Identify and explain about a problem in the world</li> <li>Describe 3 ways they can make the world a better place</li> </ul> <b>CG- Presentation: Our World</b>	<ul style="list-style-type: none"> <li>Take responsibility for own health and wellbeing choices</li> <li>Know the effect different drugs can have on the body, especially liver and heart</li> <li>Identify how people can be exploited to do things against the law</li> <li>Explain why some people join gangs and the risk this involves</li> </ul> <b>CG- CG- Performance (different staying healthy scenarios)</b>	<ul style="list-style-type: none"> <li>Know why it is important to take care of mental health and ways in which they can do this</li> <li>Understand there are different stages of grief (and different types of loss)</li> <li>Recognise when people are trying to gain power/control</li> <li>Judge whether something online is safe or hurtful</li> </ul> <b>CG- Performance (different mental health/grief/well-being) scenarios</b>	<ul style="list-style-type: none"> <li>Describe own self image and explain how body image fits into that</li> <li>Explain the changes that happen in girls and boys bodies during puberty</li> <li>Understand the importance of looking after themselves, physically and emotionally</li> <li>Explain how a baby develops from conception through to 9m pregnancy</li> <li>Identify and explain hopes and worries re transition to secondary school</li> </ul> <b>CG- Diary entry: Growing up</b>