



## PSHCE and Jigsaw

### A progression in the knowledge and understanding

2020-2021



<b>Intent:</b> At Neasden Primary we follow the Jigsaw scheme for our PSHE lessons. It is an integrated scheme for learning, for Personal Social, Health Education, with emphasis on emotional literacy, mental health, SMSC and spiritual development. Jigsaw provides a mindful approach to PSHE and it is a unique, progressive and effective scheme of work. It aims to prepare children for life, to help them know and value who they truly are and to understand how they relate to others in this ever-changing world.						
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>EYFS</b>	<ul style="list-style-type: none"> <li>➤ To understand how it feels to belong.</li> <li>➤ To understand how it feels to be happy and sad.</li> <li>➤ To learn how to work well together.</li> <li>➤ To learn how to use gentle hands.</li> <li>➤ To understand that everyone should be allowed to learn and play.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand that everyone is good at different things.</li> <li>➤ To understand that being different makes us special.</li> <li>➤ To understand that we can be different in the same ways.</li> <li>➤ To explain why your home is special.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To learn how to tackle challenges.</li> <li>➤ To learn to never give up.</li> <li>➤ To set a goal and work towards it.</li> <li>➤ To learn how to encourage others.</li> <li>➤ To think about jobs you might like to do when you are older.</li> <li>➤ To understand how it feels to</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand that exercise keeps your body healthy.</li> <li>➤ To understand how moving and resting is good for your body.</li> <li>➤ To know which foods are healthy and not so healthy.</li> <li>➤ To understand why sleep is good for you.</li> <li>➤ To understand why it is important to</li> </ul>	<ul style="list-style-type: none"> <li>➤ To recognise some of the jobs you do in your family.</li> <li>➤ To learn how to make friends.</li> <li>➤ To learn how to stay friends with someone.</li> <li>➤ To know the impact of unkind words.</li> <li>➤ To learn how to manage your feelings.</li> <li>➤ To know how to be a good friend.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To name parts of the body.</li> <li>➤ To identify how you can be healthy.</li> <li>➤ To understand that we all grow from babies to adults.</li> <li>➤ To express how you feel about moving into a new class.</li> <li>➤ To talk about worries and the things you are looking forward to about moving into a new class.</li> </ul>

	<ul style="list-style-type: none"> <li>➤ To learn how to be responsible.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To learn how to be a kind friend.</li> <li>➤ To learn how to act when somebody is being unkind.</li> </ul>	<p>achieve one of your goals.</p>	<p>wash your hands.</p> <ul style="list-style-type: none"> <li>➤ To know what a stranger is.</li> </ul>		<ul style="list-style-type: none"> <li>➤ To share memories and best parts of the year.</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>➤ To feel safe in your class.</li> <li>➤ To understand my rights and responsibilities as a class member.</li> <li>➤ To understand the responsibilities of other class members.</li> <li>➤ To understand how it feels to be proud of an achievement.</li> <li>➤ To understand the consequences of choices you make.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand some ways people are similar.</li> <li>➤ To understand some ways people are different.</li> <li>➤ To understand that people can bully people who are different.</li> <li>➤ To be able to recognise what is right and wrong.</li> <li>➤ To understand that it is okay to be different.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To explain what you can do well.</li> <li>➤ To set a goal and work out how to achieve it.</li> <li>➤ To understand how to work well with a partner.</li> <li>➤ To learn how to tackle a new challenge.</li> <li>➤ To learn how to overcome different obstacles.</li> <li>➤ To understand how you felt when you succeeded in a new challenge.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand the difference between being healthy and unhealthy.</li> <li>➤ To know how to make healthy lifestyle choices.</li> <li>➤ To know how to keep yourself clean and healthy.</li> <li>➤ To understand that medicine stops you feeling unwell.</li> <li>➤ To know how to keep yourself safe when crossing the road.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To identify the different members of your family.</li> <li>➤ To recognise what a good friend means to you.</li> <li>➤ To know some ways you can use physical contact to greet your friends.</li> <li>➤ To know who can help me in my school community.</li> <li>➤ To recognise your qualities as person and a friend.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand that changes can happen as we grow.</li> <li>➤ To recognise some things about you that have changed.</li> <li>➤ To understand how your body has changed since I was a baby.</li> <li>➤ To identify the parts of the body that make boys different to girls.</li> <li>➤ To understand that every time you learn something new, you change.</li> <li>➤ To identify the changes that have</li> </ul>

	<ul style="list-style-type: none"> <li>➤ To understand your choices in the learning charter.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To identify some of the ways you are different to other people.</li> </ul>		<ul style="list-style-type: none"> <li>➤ To understand how being healthy makes you feel happy.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To be able to explain why you appreciate certain people.</li> </ul>	<p>happened in your life.</p>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>➤ To identify your hopes and fears.</li> <li>➤ To understand your rights and responsibilities as a school member.</li> <li>➤ To understand how to make your class a safe and fair place.</li> <li>➤ To understand when rewards and consequences should be used.</li> <li>➤ To understand how following the learning charter will help you learn.</li> <li>➤ To understand the consequences</li> </ul>	<ul style="list-style-type: none"> <li>➤ To identify how people in your class are similar.</li> <li>➤ To identify how people in your class are different.</li> <li>➤ To understand how people feel if they are being bullied.</li> <li>➤ To know how to look after both yourself and others.</li> <li>➤ To understand how to make new friends.</li> <li>➤ To identify some of the ways you are different to your friends.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand how to achieve your goals.</li> <li>➤ To learn how to carry on trying even when things are difficult.</li> <li>➤ To recognise who you do and do not work well with.</li> <li>➤ To learn how to work cooperatively in a group.</li> <li>➤ To identify some ways you worked well in a group.</li> <li>➤ To learn how to share success with other people.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To know what you need to keep your body healthy.</li> <li>➤ To understand how it feels to be relaxed.</li> <li>➤ To understand how important it is to use medicines safely.</li> <li>➤ To know which foods your body needs to keep you healthy.</li> <li>➤ To explain why healthy snacks are good for your body.</li> <li>➤ To understand which foods to eat to give my body energy.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand my relationship with different members of my family.</li> <li>➤ To understand that there are different forms of physical contact within a family.</li> <li>➤ To identify some of the things that can cause conflict between my friends.</li> <li>➤ To understand when it is good to keep a secret and when it is not.</li> <li>➤ To recognise and appreciate people who can help me.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To recognise cycles of life in nature.</li> <li>➤ To understand the process of growing from young to old.</li> <li>➤ To understand how your life changes as you grow up.</li> <li>➤ To identify what you like about being a boy or girl.</li> <li>➤ To understand that there are different types of touch.</li> <li>➤ To identify what I am looking forward to when I move to my next class.</li> </ul>

	of the choices you make.				➤ To express appreciation for people in my special relationships.	
<b>Year 3</b>	<ul style="list-style-type: none"> <li>➤ To recognise yours and others worth.</li> <li>➤ To understand how to face new challenges positively.</li> <li>➤ To understand why rules are needed.</li> <li>➤ To understand that your behaviour has rewards and consequences.</li> <li>➤ To learn how to work as a group.</li> <li>➤ To understand how your actions affect others.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand that everybody's families are different.</li> <li>➤ To understand that people within families are different.</li> <li>➤ To learn some ways to help people when they are being bullied.</li> <li>➤ To understand how a witness's actions affect a situation.</li> <li>➤ To recognise when words are used in hurtful ways.</li> <li>➤ To understand the</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand how to overcome challenges when achieving a goal.</li> <li>➤ To identify dreams and goals that are important to you.</li> <li>➤ To understand how others can help you achieve your goals.</li> <li>➤ To understand that you are responsible for your own learning.</li> <li>➤ To identify steps to overcome any obstacles.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand how exercise affects the body.</li> <li>➤ To understand that what you eat will affect your health.</li> <li>➤ To identify how you feel towards drugs.</li> <li>➤ To understand how to keep myself safe.</li> <li>➤ To identify when something feels safe or unsafe.</li> <li>➤ To understand why it is important to take care of your body.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To identify the roles and responsibilities of each member of your family.</li> <li>➤ To identify some of the skills of being a good friend.</li> <li>➤ To know some strategies for keeping yourself safe online.</li> <li>➤ To recognise how people around the world influence your life.</li> <li>➤ To understand how your needs and rights are shared by children</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand that changes happen between conception and growing up.</li> <li>➤ To understand how babies grow and develop.</li> <li>➤ To identify how boys' and girls' bodies change on the outside when they grow up.</li> <li>➤ To identify how boys' and girls' bodies change on the inside when they grow up.</li> <li>➤ To identify the stereotypes you have about parenting and family roles.</li> <li>➤ To identify the changes you will make next year.</li> </ul>

		consequences of hurting another's feelings.	➤ To evaluate my own learning process.		around the world.  ➤ To express appreciation for your friends and family.	
<b>Year 4</b>	<ul style="list-style-type: none"> <li>➤ To understand how your actions and attitudes make a difference.</li> <li>➤ To understand the different roles within a school community.</li> <li>➤ To understand how democracy works within schools.</li> <li>➤ To understand that it is important to try and emphasise with others.</li> <li>➤ To understand how groups come together to make decisions.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To try to accept people for who they are.</li> <li>➤ To understand what influences your assumptions.</li> <li>➤ To know the right thing to do if people are being bullied.</li> <li>➤ To understand why witnesses sometimes do not tell others when people are being bullied.</li> <li>➤ To identify and value the ways you are unique.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To identify your hopes and dreams.</li> <li>➤ To understand how disappointment feels.</li> <li>➤ To understand how to cope with disappointment.</li> <li>➤ To learn how to overcome disappointment.</li> <li>➤ To learn how to achieve a goal as part of a group.</li> <li>➤ To identify yours and other people's contributions to</li> </ul>	<ul style="list-style-type: none"> <li>➤ To recognise how different friendship groups are formed.</li> <li>➤ To understand the different roles within a group.</li> <li>➤ To understand some of the reasons people start to smoke.</li> <li>➤ To understand some of the reasons people start to drink alcohol.</li> <li>➤ To recognise when people are putting you under pressure.</li> <li>➤ To recognise your inner</li> </ul>	<ul style="list-style-type: none"> <li>➤ To recognise situations which can cause jealousy in relationships.</li> <li>➤ To know how people may feel when they lose someone or something they love.</li> <li>➤ To be able to talk about someone you no longer see.</li> <li>➤ To recognise how friendships change.</li> <li>➤ To understand that you should not feel pressured into having a</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand that some of your personal characteristics have come from your birth parents.</li> <li>➤ To identify the external parts of male and female bodies that are necessary for making a baby.</li> <li>➤ To understand how a girl's body changes in order for her to be able to have babies when she is an adult.</li> <li>➤ To understand how the circle of change works.</li> <li>➤ To identify changes that have been and may</li> </ul>

	<ul style="list-style-type: none"> <li>➤ To understand how democracy benefits the school community.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To explain why it is good to accept people for who they are.</li> </ul>	<p>the group's achievement.</p>	<p>strength and know when to be assertive.</p>	<p>boyfriend or girlfriend.</p> <ul style="list-style-type: none"> <li>➤ To know how to show love and appreciation to the people and animals who are special to you.</li> </ul>	<p>continue to be outside of your control.</p> <ul style="list-style-type: none"> <li>➤ To explain how you are going to make changes next year.</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>➤ To understand how to set personal goals.</li> <li>➤ To understand your rights and responsibilities as a citizen.</li> <li>➤ To understand that other people's lives may be different from your own.</li> <li>➤ To understand how rewards and consequences feel.</li> <li>➤ To understand how an individual can</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand that cultural differences sometimes cause conflict.</li> <li>➤ To understand people's attitudes towards different races.</li> <li>➤ To understand how to manage your feelings in bullying situations.</li> <li>➤ To learn how to encourage others to make better choices.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To identify what you would like my life to be like when you grow up.</li> <li>➤ To understand the contributions made by people in different jobs.</li> <li>➤ To identify a job you would like to do when you grow up.</li> <li>➤ To understand the dreams and goals of people in different cultures.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand how smoking can affect the body.</li> <li>➤ To understand how misusing alcohol can affect the body.</li> <li>➤ To know basic emergency aid procedures.</li> <li>➤ To understand how the media promotes certain body types.</li> <li>➤ To describe the different roles food can play in people's lives.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To recognise your characteristics and personal qualities.</li> <li>➤ To understand that online communities can be unsafe.</li> <li>➤ To understand that there are rights and responsibilities in an online community.</li> <li>➤ To understand that there are rights and responsibilities when playing a game online.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To be aware of your own self-image.</li> <li>➤ To explain how a girl's body changes during puberty.</li> <li>➤ To explain how a boy's body changes during puberty.</li> <li>➤ To understand that sexual intercourse can lead to conception.</li> <li>➤ To identify what you are looking forward to about becoming a teenager.</li> </ul>

	<p>have an impact on a group.</p> <ul style="list-style-type: none"> <li>➤ To understand how to participate within the school community.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To compare your life with people in the developing world.</li> <li>➤ To learn how to respect your own and other people's cultures.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand different ways we can all support each other.</li> <li>➤ To encourage others to support each other.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To know the choices you need to make to be healthy and happy.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To recognise when you are spending too much time on devices.</li> <li>➤ To explain how to stay safe when using technology.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To know how to prepare yourself emotionally for the changes next year.</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>➤ To identify your goals and understand how you will achieve them.</li> <li>➤ To understand the rights of people within different communities.</li> <li>➤ To understand how your own wants and needs are different to children in other communities.</li> <li>➤ To make choices about</li> </ul>	<ul style="list-style-type: none"> <li>➤ To learn to accept that everybody is different.</li> <li>➤ To understand how being different could affect somebody's life.</li> <li>➤ To identify some ways in which one person or a group can have power over another.</li> <li>➤ To understand some of the reasons</li> </ul>	<ul style="list-style-type: none"> <li>➤ To set both learning and personal goals.</li> <li>➤ To identify the learning steps you need to reach your goal.</li> <li>➤ To identify problems in the world that concern you.</li> <li>➤ To work with others to help make the world a better place.</li> <li>➤ To understand why you think it is important to</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand how to make choices that benefit your health.</li> <li>➤ To know how different types of drugs can affect the body.</li> <li>➤ To understand that people can be exploited and made to do things.</li> <li>➤ To understand why some people join gangs and the risks this involves.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To know that it is important to take care of your mental health.</li> <li>➤ To know how to take care of your mental health.</li> <li>➤ To understand that there are different stages of grief.</li> <li>➤ To recognise when people are trying to gain power or control.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand how you can develop your own self esteem.</li> <li>➤ To understand how to look after yourself physically and emotionally during puberty.</li> <li>➤ To explain how a baby develops and is born.</li> <li>➤ To understand how being physically attracted to someone changes the nature of the relationship.</li> </ul>

	<p>your own behaviour.</p> <ul style="list-style-type: none"> <li>➤ To understand how you can contribute to a group.</li> <li>➤ To understand why our school community benefits from having rules.</li> </ul>	<p>people use bullying behaviours.</p> <ul style="list-style-type: none"> <li>➤ To learn to appreciate people for who they are.</li> <li>➤ To understand that difference can cause conflict or celebration.</li> </ul>	<p>make the world a better place.</p> <ul style="list-style-type: none"> <li>➤ To recognise yours and other people's achievements.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand what it means to be emotionally well.</li> <li>➤ To recognise stress and the triggers that cause it.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To judge whether something online is safe and helpful.</li> <li>➤ To use technology safely to communicate with others.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand the importance of a positive self-esteem.</li> <li>➤ To identify how you feel about the transition to secondary school.</li> </ul>
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