



| PSHE -Jigsaw Overview Academic year 2020-2021 | | | | | | |
|--|---|---|---|---|--|---|
| Reception | | | | | | |
| | Being me in my world Autumn a | Celebrating Difference Autumn b | Dreams and Goals Spring a | Healthy Me Spring b | Relationships Summer a | Changing Me Summer b |
| Week 1 | I understand how it feels to belong and that we are similar and different | I can identify something I am good at and understand everyone is good at different things | I understand that if I persevere I can tackle challenges | I understand that I need to exercise to keep my body healthy | I can identify some of the jobs I do in my family and how I feel like I belong | I can name parts of the body |
| Week 2 | I can start to recognise and manage my feelings | I understand that being different makes us all special | I can tell you about a time I didn't give up until I achieved my goal | I understand how moving and resting are good for my body | I know how to make friends to stop myself from feeling lonely | I can tell you some things I can do and foods I can eat to be healthy |
| Week 3 | I enjoy working with others to make school a good place to be | I know we are all different but the same in some ways | I can set a goal and work towards it | I know which foods are healthy and not so healthy and can make healthy eating choices | I can think of ways to solve problems and stay friends | I understand that we all grow from babies to adults |



Our Lady of the Rosary Catholic Primary School

| | | | | | | |
|---------------|---|---|--|--|--|---|
| Week 4 | I understand why it is good to be kind and use gentle hands | I can tell you why I think my home is special to me | I can use kind words to encourage people | I know how to help myself go to sleep and understand why sleep is good for me | I am starting to understand the impact of unkind words | I can express how I feel about moving to Year 1 |
| Week 5 | I am starting to understand children's rights and this means we should all be allowed to learn and play | I can tell you how to be a kind friend | I understand the link between what I learn now and the job I might like to do when I'm older | I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet | I can use Calm Me time to manage my feelings | I can talk about my worries and/or the things I am looking forward to about being in Year 1 |
| Week 6 | I am learning what being responsible means | I know which words to use to stand up for myself when someone says or does something unkind | I can say how I feel when I achieve a goal and know what it means to feel proud | I know what a stranger is and how to stay safe if a stranger approaches me | I know how to be a good friend | I can share my memories of the best bits of this year in Reception |



| PSHE -Jigsaw Overview Academic year 2020-2021 Year 1 | | | | | | |
|---|--|--|---|---|---|--|
| | Being me in my world Autumn a | Celebrating Difference Autumn b | Dreams and Goals Spring a | Healthy Me Spring b | Relationships Summer a | Changing Me Summer b |
| Week 1 | I know how to use my Jigsaw Journal | I can identify similarities between people in my class | I can set simple goals | I understand the difference between being healthy and unhealthy, and know some ways to keep myself health | I can identify the members of my family and understand that there are lots of different types of families | I am starting to understand the life cycles of animals and humans |
| Week 2 | I understand the rights and responsibilities as a member of my class | I can identify differences between people in my class | I can set a goal and work out how to achieve it | I know how to make healthy lifestyle choices | I can identify what being a good friend means to me | I can tell you some things about me that have changed and some things about me that have stayed the same |
| Week 3 | I understand the rights and responsibilities for being a | I can tell you what bullying is | I understand how to work well with a partner | I know how to keep myself clean and | I know appropriate ways of physical contact | I can tell you how my body has changed since I was a baby |



Our Lady of the Rosary Catholic Primary School

| | | | | | | |
|---------------|---|--|---|---|---|---|
| | member of my class | | | healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly | to greet my friends and know which ways I prefer | |
| Week 4 | I know my views are valued and can contribute to the Learning Charter | I know some people who I could talk to if I was feeling unhappy or being bullied | I can tackle a new challenge and understand this might stretch my learning | I understand that medicines can help me if I feel poorly and I know how to use them safely | I know who can help me in my school community | I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus |
| Week 5 | I can recognise the choices I make and understand the consequences | I know how to make new friends | I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them | I know how to keep safe when crossing the road, and about people who can help me to stay safe | I can recognise my qualities as person and a friend | I understand that every time I learn something new I change a little bit |



Our Lady of the Rosary Catholic Primary School

| | | | | | | |
|---------------|---|---|---|--|--|--|
| Week 6 | I understand my rights and responsibilities within our Learning Charter | I can tell you some ways I am different from my friends | I can tell you how I felt when I succeeded in a new challenge and how I celebrated it | I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy | I can tell you why I appreciate someone who is special to me | I can tell you about changes that have happened in my life |
|---------------|---|---|---|--|--|--|



| PSHE -Jigsaw Overview Academic year 2020-2021 <u>Year 2</u> | | | | | | |
|--|--|---|---|---|---|---|
| | Being me in my world Autumn a | Celebrating Difference Autumn b | Dreams and Goals Spring a | Healthy Me Spring b | Relationships Summer a | Changing Me Summer b |
| Week 1 | I can identify some of my hopes and fears for this year I know how to use my Jigsaw Journal | I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) | I can choose a realistic goal and think about how to achieve i | I know what I need to keep my body healthy | I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate | I can recognise cycles of life in nature |
| Week 2 | I understand the rights and responsibilities for being a member of my class and school | I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) | I carry on trying (persevering) even when I find things difficult | I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel | I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not | I can tell you about the natural process of growing from young to old and understand that this is not in my control |



Our Lady of the Rosary Catholic Primary School

| | | | | | | |
|---------------|---|--|---|---|---|--|
| | | | | stressed | | |
| Week 3 | I understand the rights and responsibilities for being a member of my class | I understand that bullying is sometimes about difference | I can recognise who I work well with and who it is more difficult for me to work with | I understand how medicines work in my body and how important it is to use them safely | I can identify some of the things that cause conflict with my friends | I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old |
| Week 4 | I can listen to other people and contribute my own ideas about rewards and consequences | I can recognise what is right and wrong and know how to look after myself | I can work well in a group | I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy | I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret | I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private |
| Week 5 | I understand how following the Learning Charter | I understand that it is OK to be different from other people and to be friends with them | I can tell you some ways I worked well | I can make some healthy snacks and | I recognise and appreciate people who can help me in my family, my | I understand there are different types of touch and can |



Our Lady of the Rosary Catholic Primary School

| | will help me and others learn | | with my group | explain why they are good for my body | school and my community | tell you which ones I like and don't like |
|---------------|--|---|---|--|--|--|
| Week 6 | I can recognise the choices I make and understand the consequences | I can tell you some ways I am different from my friends | I know how to share success with other people | I can decide which foods to eat to give my body energy | I can express my appreciation for the people in my special relationships | I can identify what I am looking forward to when I move to my next class |



| PSHE -Jigsaw Overview Academic year 2020-2021 <u>Year 3</u> | | | | | | |
|--|--|---|---|---|---|--|
| | Being me in my world Autumn a | Celebrating Difference Autumn b | Dreams and Goals Spring a | Healthy Me Spring b | Relationships Summer a | Changing Me Summer b |
| Week 1 | I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals I know how to use my Jigsaw Journal | I understand that everybody's family is different and important to them | I can tell you about a person who has faced difficult challenges and achieved success | I understand how exercise affects my body and know why my heart and lungs are such important organs | I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females | I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby |
| Week 2 | I can face new challenges positively, make responsible choices and ask for help when I need it | I understand that differences and conflicts sometimes happen among family members | I can identify a dream/ambition that is important to me | I know that the amount of calories, fat and sugar I put into my body will affect my health | I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener | I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow |
| Week 3 | I understand why rules are needed and how they relate to rights and responsibilities | I know what it means to be a witness to bullying | I enjoy facing new learning challenges and working out the best ways for me to achieve them | I can tell you my knowledge and attitude towards drugs | I know and can use some strategies for keeping myself safe online | I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can |



Our Lady of the Rosary Catholic Primary School

| | | | | | | |
|---------------|--|--|---|---|---|---|
| | | | | | | identify how boys' and girls' bodies change on the outside during this growing up process |
| Week 4 | I understand that my actions affect myself and others and I care about other people's feelings | I know that witnesses can make the situation better or worse by what they do | I am motivated and enthusiastic about achieving our new challenge | identify things, people and places that I need to keep safe from know some strategies for keeping myself safe, who to go to for help and how to call emergency services | I can explain how some of the actions and work of people around the world help and influence my life | I can identify how 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 |
| Week 5 | I can make responsible choices and take action | I recognise that some words are used in hurtful ways | I can recognise obstacles which might hinder my achievement and can take steps to overcome them | I can identify when something feels safe or unsafe | I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. | I can start to recognise stereotypical ideas I might have about parenting and family roles |
| Week 6 | I understand my actions affect others and try to see things from their points of view | I can tell you about a time when my words affected someone's feelings and what the consequences were | I can evaluate my own learning process and identify how it can be better next time | I understand how complex my body is and how important it is to take care of it | I know how to express my appreciation to my friends and family | identify what I am looking forward to when I move to my next class |



| PSHE -Jigsaw Overview Academic year 2020-2021 Year 4 | | | | | | |
|---|---|--|--|---|--|---|
| | Being me in my world Autumn a | Celebrating Difference Autumn b | Dreams and Goals Spring a | Healthy Me Spring b | Relationships Summer a | Changing Me Summer b |
| Week 1 | I know my attitudes and actions make a difference to the class team I know how to use my Jigsaw Journal | I understand that, sometimes, we make assumptions based on what people look like | I can tell you about some of my hopes and dreams | I recognise how different friendship groups are formed, how I fit into them and the friends I value the most | I can recognise situations which can cause jealousy in relationships | I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm |
| Week 2 | I understand who is in my school community, the roles they play and how I fit in | I understand what influences me to make assumptions based on how people look | I understand that sometimes hopes and dreams do not come true and that this can hurt | I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations | I can identify someone I love and can express why they are special to me | I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby |



Our Lady of the Rosary Catholic Primary School

| | | | | | | |
|---------------|--|---|---|--|--|--|
| Week 3 | I understand how democracy works through the School Council | I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure | I know that reflecting on positive and happy experiences can help me to counteract disappointment | I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke | I can tell you about someone I know that I no longer see | I can 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 |
| Week 4 | I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them | I can tell you why witnesses sometimes join in with bullying and sometimes don't tell | I know how to make a new plan and set new goals even if I have been disappointed | I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol | I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends | I know how the circle of change works and can apply it to changes I want to make in my life |
| Week 5 | I understand how groups come together to make decisions | I can identify what is special about me and value the ways in which I am unique | I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group | I can recognise when people are putting me under pressure and can explain ways to resist this when I want | I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older | I can identify changes that have been and may continue to be outside of my control that I learnt to accept |
| Week 6 | I understand how democracy and having a voice benefits the school community | I can tell you a time when my first impression of someone changed when I got to know them | I can identify the contributions made by myself and others to the group's achievement | I know myself well enough to have a clear picture of what I believe is right and wrong | I know how to show love and appreciation to the people and animals who are special to me | I can identify what I am looking forward to when I move to a new class |



| PSHE -Jigsaw Overview Academic year 2020-2021 <u>Year 5</u> | | | | | | |
|--|---|---|--|---|--|---|
| | Being me in my world Autumn a | Celebrating Difference Autumn b | Dreams and Goals Spring a | Healthy Me Spring b | Relationships Summer a | Changing Me Summer b |
| Week 1 | I can face new challenges positively and know how to set personal goals I know how to use my Jigsaw Journal | I understand that cultural differences sometimes cause conflict | I understand that I will need money to help me achieve some of my dreams | I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. | I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities | I am aware of my own self-image and how my body image fits into that |
| Week 2 | I understand my rights and responsibilities as a citizen of my country | I understand what racism is. | I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs | I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart | I understand that belonging to an online community can have positive and negative consequences | I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally |
| Week 3 | I understand my rights and responsibilities as a citizen of my country and as a member of my school | I understand how rumour-spreading and name-calling can be bullying behaviours | I can identify a job I would like to do when I grow up and understand what motivates me and what I | I know and can put into practice basic emergency aid procedures (including recovery position) and | I understand there are rights and responsibilities in an online community or social network | I can describe how boys' and girls' bodies change during puberty |



Our Lady of the Rosary Catholic Primary School

| | | | need to do to achieve it | know how to get help in emergency situations | | |
|---------------|---|--|--|--|---|---|
| Week 4 | I can make choices about my own behaviour because I understand how rewards and consequences feel | I can explain the difference between direct and indirect types of bullying | I can describe the dreams and goals of young people in a culture different to mine | I understand how the media, social media and celebrity culture promotes certain body types | I know there are rights and responsibilities when playing a game online | I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby |
| Week 5 | I understand how an individual's behaviour can impact on a group | I can compare my life with people in the developing world | I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other | I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures | I can recognise when I am spending too much time using devices (screen time) | I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) |
| Week 6 | I understand how democracy and having a voice benefits the school community and know how to participate in this | I can understand a different culture from my own | I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship | I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy | I can explain how to stay safe when using technology to communicate with my friends | I can identify what I am looking forward to when I move to my next class |



| PSHE -Jigsaw Overview Academic year 2020-2021 Year 6 | | | | | | |
|---|--|---|--|---|--|--|
| | Being me in my world Autumn a | Celebrating Difference Autumn b | Dreams and Goals Spring a | Healthy Me Spring b | Relationships Summer a | Changing Me Summer b |
| Week 1 | I can identify my goals for this year, understand my fears and worries about the future and know how to express them I know how to use my Jigsaw Journal | I understand there are different perceptions about what normal means | I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of school goal) | I can take responsibility for my health and make choices that benefit my health and well-being | I know that it is important to take care of my mental health | I am aware of my own self-image and how my body image fits into that |
| Week 2 | I know that there are universal rights for all children but for many children these rights are not met | I understand how being different could affect someone's life | I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these | I know about different types of drugs and their uses and their effects on the body particularly the liver and heart | I know how to take care of my mental health | I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally |
| Week 3 | I understand that my actions affect other people locally and globally | I can explain some of the ways in which one person or a group can have power over another | I can identify problems in the world that concern me and | I understand that some people can be exploited and | I understand that there are different stages of grief and that there are | I can describe how a baby develops from conception through the nine |



Our Lady of the Rosary Catholic Primary School

| | | | | | | |
|---------------|--|--|--|--|--|--|
| | | | talk to other people about them | made to do things that are against the law | different types of loss that cause people to grieve | months of pregnancy, and how it is born |
| Week 4 | I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities | I know some of the reasons why people use bullying behaviours | I can work with other people to help make the world a better place | I know why some people join gangs and the risks this involves | I can recognise when people are trying to gain power or control | I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend |
| Week 5 | I understand how an individual's behaviour can impact on a group | I can give examples of people with disabilities who lead amazing lives | I can describe some ways in which I can work with other people to help make the world a better place | I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness | I can judge whether something online is safe and helpful for me | I am aware of the importance of a positive self-esteem and what I can do to develop it |
| Week 6 | I understand how democracy and having a voice benefits the school community | I can explain ways in which difference can be a source of conflict and a cause for celebration | I know what some people in my class like or admire about me and can accept their praise | I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. | I can use technology positively and safely to communicate with my friends and family | I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class. |