

Whole School CPSHE Overview (Jigsaw PSHE)

Statements link to PSHE Education (Developed from non-statutory National Framework DfEE 2000)

Statements linked to Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)

The aspects covered link to the Emotional Literacy Domains, the development of self-awareness, social skills, managing feelings, motivation and empathy. As well as the SMSC (Spiritual, Moral, Social, Cultural) development.

| Year 1 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------|--|--|--|--|--|--|
| | Puzzle 1 Being me in my world | Puzzle 2 Celebrating difference | Puzzle 3 Dreams and goals | Puzzle 4 Healthy me | Puzzle 5 Relationships | Puzzle 6 Changing me |
| | <p><u>Piece 1 - Special and Safe</u> I know how to use my Jigsaw Journal I feel special and safe in my class</p> <p><u>Aspects covered</u> Self-awareness Social skills</p> <p>Spiritual Social</p> | <p><u>Piece 1 - The same as ...</u> I can identify similarities between people in my class I can tell you some ways in which I am the same as my friends</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Social</p> | <p><u>Piece 1 - My Treasure Chest of Success</u> I can set simple goals I can tell you about a thing I do well.</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Spiritual</p> | <p><u>Piece 1 - Being Healthy</u> I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy I feel good about myself when I make healthy choices</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Moral Social</p> | <p><u>Piece 1 – Families</u> I can identify the members of my family and understand that there are lots of different types of families I know how it feels to belong to a family and care about the people who are important to me</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Cultural</p> | <p><u>Piece 1 - Life Cycles</u> I am starting to understand the life cycles of animals and humans I understand that changes happen as we grow and that this is OK</p> <p><u>Aspects covered</u> Empathy Managing feelings</p> <p>Spiritual</p> |
| | <p><u>Piece 2 - My Class</u> I understand the rights and responsibilities as a member of my class I know that I belong to my class</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Moral Social</p> | <p><u>Piece 2 – Different from ...</u> I can identify differences between people in my class I can tell you some ways I am different from my friends</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Social</p> | <p><u>Piece 2 - Steps to Goals</u> I can set a goal and work out how to achieve it I can tell you how I learn best</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Spiritual</p> | <p><u>Piece 2 - Healthy Choices</u> I know how to make healthy lifestyle choices I feel good about myself when I make healthy choices</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Moral Social</p> | <p><u>Piece 2 - Making Friends</u> I can identify what being a good friend means to me I know how to make a new friend</p> <p><u>Aspects covered</u> Social skills Managing feelings</p> <p>Social</p> | <p><u>Piece 2 - Changing Me</u> I can tell you some things about me that have changed and some things about me that have stayed the same I know that changes are OK and that sometimes they will happen whether I want them to or not</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual</p> |

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| <p><u>Piece 3 - Rights and Responsibilities</u> I understand the rights and responsibilities of being a member of my class I know how to make my class a safe place for everybody to learn</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Moral Social</p> | <p><u>Piece 3 - What is 'bullying'?</u> I can tell you what bullying is I understand how being bullied might feel</p> <p><u>Aspects covered</u> Empathy</p> <p>Moral Social</p> | <p><u>Piece 3 - Achieving Together</u> I understand how to work well with a partner I can celebrate achievement with my partner</p> <p><u>Aspects covered</u> Social skills Motivation</p> <p>Social</p> | <p><u>Piece 3 - Clean and Healthy</u> I know how to keep myself clean and healthy, and understand how germs cause disease/ illness I know that all household products including medicines can be harmful if not used properly I am special so I keep myself safe</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Moral Social</p> | <p><u>Piece 3 - Greetings</u> I know appropriate ways of physical contact to greet my friends and know which ways I prefer I can recognise which forms of physical contact are acceptable and unacceptable to me</p> <p><u>Aspects covered</u> Social skills Managing feelings</p> <p>Social</p> | <p><u>Piece 3 - My Changing Body</u> I can tell you how my body has changed since I was a baby I understand that growing up is natural and that everybody grows at different rates</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Spiritual</p> |
| <p><u>Piece 4 - Rewards and Feeling Proud</u> I know my views are valued and can contribute to the Learning Charter I can recognise how it feels to be proud of an achievement</p> <p><u>Aspects covered</u> Self-awareness Social skills</p> <p>Moral Social</p> | <p><u>Piece 4 What do I do about bullying?</u> I know some people who I could talk to if I was feeling unhappy or being bullied I can be kind to children who are bullied</p> <p><u>Aspects covered</u> Empathy</p> <p>Moral Social</p> | <p><u>Piece 4 - Stretchy Learning</u> I can tackle a new challenge and understand this might stretch my learning I can identify how I feel when I am faced with a new challenge</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Spiritual</p> | <p><u>Piece 4 - Medicine Safety</u> I understand that medicines can help me if I feel poorly and I know how to use them safely I know some ways to help myself when I feel poorly</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Moral Social</p> | <p><u>Piece 4 - People Who Help Us</u> I know who can help me in my school community I know when I need help and know how to ask for it</p> <p><u>Aspects covered</u> Social skills</p> <p>Social</p> | <p><u>Piece 4 – Boys' and Girls' Bodies</u> 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 I respect my body and understand which parts are private</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual Moral</p> |
| <p><u>Piece 5 – Consequences</u> I can recognise the choices I make and understand the consequences I can recognise the range of feelings when I face certain consequences</p> <p><u>Aspects covered</u> Social skills Motivation</p> | <p><u>Piece 5 - Making new Friends</u> I know how to make new friends I know how it feels to make a new friend</p> <p><u>Aspects covered</u> Social skills</p> <p>Social</p> | <p><u>Piece 5 - Overcoming Obstacles</u> 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 I feel when I see obstacles and how I feel when I overcome them</p> <p><u>Aspects covered</u></p> | <p><u>Piece 5 - Road Safety</u> I know how to keep safe when crossing the road, and about people who can help me to stay safe I can recognise when I feel frightened and know who to ask for help</p> <p><u>Aspects covered</u> Self-awareness</p> | <p><u>Piece 5 - Being My Own Best Friend</u> I can recognise my qualities as person and a friend I know ways to praise myself</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> | <p><u>Piece 5 - Learning and Growing</u> I understand that every time I learn something new I change a little bit I enjoy learning new things</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> |

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| | Moral Social | | Self-awareness Motivation Managing feelings Spiritual | Moral Social | | |
| | <u>Piece 6 - Owning our Learning Charter</u> I understand my rights and responsibilities within our Learning Charter I can understand my choices in following the Learning Charter <u>Aspects covered</u> Social skills Motivation Moral Social | <u>Piece 6 Celebrating difference; celebrating me</u> I can tell you some ways I am different from my friends I understand these differences make us all special and unique <u>Aspects covered</u> Self-awareness Spiritual | <u>Piece 6 - Celebrating My Success</u> I can tell you how I felt when I succeeded in a new challenge and how I celebrated it I know how to store the feelings of success in my internal treasure chest <u>Aspects covered</u> Self-awareness Managing feelings Spiritual | <u>Piece 6 - Happy, Healthy Me</u> I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy I can recognise how being healthy helps me to feel happy <u>Aspects covered</u> Self-awareness Motivation Moral Social | <u>Piece 6 - Celebrating My Special Relationship</u> I can tell you why I appreciate someone who is special to me I can express how I feel about them <u>Aspects covered</u> Social skills Spiritual Social | <u>Piece 6 - Coping with Changes</u> I can tell you about changes that have happened in my life I know some ways to cope with changes <u>Aspects covered</u> Self-awareness Managing feelings Spiritual Cultural |
| Additional CPSHE | | | | | | |
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| Year 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| | Puzzle 1 Being me in my world | Puzzle 2 Celebrating difference | Puzzle 3 Dreams and goals | Puzzle 4 Healthy me | Puzzle 5 Relationships | Puzzle 6 Changing me |
| | <u>Piece 1 - Hopes and Fears for the Year</u> I can identify some of my hopes and fears for this year I know how to use my Jigsaw Journal I recognise when I feel worried and know who to ask for help <u>Aspects covered</u> Self-awareness Spiritual Social | <u>Piece 1 - Boys and girls</u> I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) I understand some ways in which boys and girls are similar and feel good about this <u>Aspects covered</u> Self-awareness Empathy Social Cultural | <u>Piece 1 - Goals to Success</u> I can choose a realistic goal and think about how to achieve it I can tell you things I have achieved and say how this makes me feel (proud) <u>Aspects covered</u> Self-awareness Managing feelings Spiritual | <u>Piece 1 - Being Healthy</u> I know what I need to keep my body healthy I am motivated to make healthy lifestyle choices <u>Aspects covered</u> Self-awareness Motivation Spiritual Moral | <u>Piece 1 - Families</u> 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 accept that everyone's family is different and understand that most people value their family <u>Aspects covered</u> Social skills Social | <u>Piece 1 - Life Cycles in Nature</u> I can recognise cycles of life in nature I understand there are some changes that are outside my control and can recognise how I feel about this <u>Aspects covered</u> Managing feelings Empathy Spiritual |

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| | | | | | Cultural | |
| <p><u>Piece 2 - Rights and Responsibilities</u> I understand the rights and responsibilities for being a member of my class and school I recognise when I feel worried and know who to ask for help</p> <p><u>Aspects covered</u> Social skills</p> <p>Moral Social</p> | <p><u>Piece 2 - Boys and girls</u> I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) I understand some ways in which boys and girls are different and accept that this is ok</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Social Cultural</p> | <p><u>Piece 2 - My Learning Strengths</u> I carry on trying (persevere) even when I things get difficult I can tell you some of my strengths as a learner</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual</p> | <p><u>Piece 2 - Being Relaxed</u> 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 stressed I can tell you when a feeling is weak and when a feeling is strong</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual</p> | <p><u>Piece 2 - Keeping Safe - exploring physical contact</u> 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 know which types of physical contact I like and don't like and can talk about this</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Moral</p> | <p><u>Piece 2 - Growing from Young to Old</u> I can tell you about the natural process of growing from young to old and understand that this is not in my control I can identify people I respect who are older than me</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Spiritual Cultural</p> | |
| <p><u>Piece 3 - Rewards and Consequences</u> I understand the rights and responsibilities for being a member of my class I can help to make my class a safe and fair place</p> <p><u>Aspects covered</u> Social skills</p> <p>Spiritual Social</p> | <p><u>Piece 3 - Why does bullying happen?</u> I understand that bullying is sometimes about difference I can tell you how someone who is bullied feels I can be kind to children who are bullied</p> <p><u>Aspects covered</u> Social skills Empathy</p> <p>Social</p> | <p><u>Piece 3 - Learning with Others</u> I can recognise who I work well with and who it is more difficult for me to work with I can tell you how working with other people helps me to learn</p> <p><u>Aspects covered</u> Social skills</p> <p>Social</p> | <p><u>Piece 3 - Medicine Safety</u> I understand how medicines work in my body and how important it is to use them safely I feel positive about caring for my body and keeping it healthy</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Moral Social</p> | <p><u>Piece 3 – Friends and Conflict</u> I can identify some of the things that cause conflict with my friends I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends</p> <p><u>Aspects covered</u> Social skills Managing feelings</p> <p>Social</p> | <p><u>Piece 3 - The Changing Me</u> I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old I feel proud about becoming more independent</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual</p> | |
| <p><u>Piece 4 - Rewards and Consequences</u> I can listen to other people and contribute my own ideas about rewards and consequences I can help make my class a safe and fair place</p> <p><u>Aspects covered</u> Social skills Motivation</p> | <p><u>Piece 4 - Standing up for myself and others</u> I can recognise what is right and wrong and know how to look after myself I know when and how to stand up for myself and others I know how to get help if I am being bullied</p> <p><u>Aspects covered</u> Social skills</p> | <p><u>Piece 4 - A Group Challenge</u> I can work well in a group I can work with others in a group to solve problems</p> <p><u>Aspects covered</u> Social skills Managing feelings</p> <p>Social</p> | <p><u>Piece 4 - Healthy Eating</u> I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy I have a healthy relationship with food and know which foods I enjoy the most</p> <p><u>Aspects covered</u> Self-awareness</p> | <p><u>Piece 4 - Secrets</u> I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this</p> <p><u>Aspects covered</u> Social skills</p> | <p><u>Piece 4 - Boys' and Girls' Bodies</u> 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 I can tell you what I like/don't like about being a boy/girl</p> | |

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| <p>Spiritual Social</p> | <p>Empathy Moral Social</p> | | <p>Moral Social</p> | <p>Moral Social</p> | <p><u>Aspects covered</u> Self-awareness Spiritual Moral</p> |
| <p><u>Piece 5 - Our Learning Charter</u> I understand how following the Learning Charter will help me and others learn I can work cooperatively <u>Aspects covered</u> Social skills Motivation Spiritual Social</p> | <p><u>Piece 5 – Gender Diversity</u> I understand that it is ok to be different from other people and to be friends with them. I understand we shouldn't judge people if they are different I know how it feels to be a friend and have a friend <u>Aspects covered</u> Social skills Empathy Moral Social</p> | <p><u>Piece 5 - Continuing Our Group Challenge</u> I can tell you some ways I worked well with my group I can tell you how I felt about working in my group <u>Aspects covered</u> Social skills Managing feelings Social</p> | <p><u>Piece 5 - Healthy Eating</u> I can make some healthy snacks and explain why they are good for my body. I can express how it feels to share healthy foods with my friends <u>Aspects covered</u> Self-awareness Moral Social</p> | <p><u>Piece 5 - Trust and Appreciation</u> I recognise and appreciate people who can help me in my family, my school and my community I understand how it feels to trust someone <u>Aspects covered</u> Self-awareness Spiritual</p> | <p><u>Piece 5 - Assertiveness</u> I understand there are different types of touch and can tell you which ones I like and don't like I am confident to say what I like and don't like and can ask for help <u>Aspects covered</u> Self-awareness Managing feelings Moral</p> |
| <p><u>Piece 6 - Owing our Learning Charter</u> I can recognise the choices I make and understand the consequences I am choosing to follow the Learning Charter <u>Aspects covered</u> Self-awareness Spiritual Moral</p> | <p><u>Piece 6 -Celebrating difference and still being friends</u> I can tell you some ways I am different from my friends I understand these differences make us all special and unique <u>Aspects covered</u> Social skills Empathy Social</p> | <p><u>Piece 6 - Celebrating Our Achievement</u> I know how to share success with other people I can tell you how being part of a successful group feels and I can store those feelings in my internal treasure chest (proud) <u>Aspects covered</u> Social skills Managing feelings Spiritual</p> | <p><u>Piece 6 – Happy, Healthy Me</u> I can decide which foods to eat to give my body energy I have healthy relationships with food and I know which foods are most nutritious for my body. <u>Aspects covered</u> Self-awareness Moral Social</p> | <p><u>Piece 6 - Celebrating My Special Relationships</u> I can express my appreciation for the people in my special relationships I am comfortable accepting appreciation from others <u>Aspects covered</u> Social skills Social</p> | <p><u>Piece 6 - Looking Ahead</u> I can identify what I am looking forward to when I move to my next class I can start to think about changes I will make when I am in Year 3 and know how to go about this <u>Aspects covered</u> Self-awareness Motivation Spiritual</p> |
| Additional CPSHE | | | | | |
| <p>Circle time with Mrs Tagney</p> | | | | | |

| Year 3 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| | Puzzle 1 Being me in my world | Puzzle 2 Celebrating difference | Puzzle 3 Dreams and goals | Puzzle 4 Healthy me | Puzzle 5 Relationships | Puzzle 6 Changing me |
| | <p><u>Piece 1 - Getting to Know Each Other</u> 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 value myself and know how to make someone else feel welcome and valued</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Spiritual Social</p> | <p><u>Piece 1 - Families</u> I understand that everybody's family is different and important to them I appreciate my family/the people who care for me</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Cultural</p> | <p><u>Piece 1 - Dreams and Goals</u> I can tell you about a person who has faced difficult challenges and achieved success I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)</p> <p><u>Aspects covered</u> Managing feelings Empathy</p> <p>Spiritual</p> | <p><u>Piece 1 - Being Fit and Healthy</u> I understand how exercise affects my body and know why my heart and lungs are such important organs I can set myself a fitness challenge</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Moral</p> | <p><u>Piece 1 Family Roles and Responsibilities</u> I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females I can describe how taking some responsibility in my family makes me feel</p> <p><u>Aspects covered</u> Social skills Motivation</p> <p>Social Cultural</p> | <p><u>Piece 1 - How Babies Grow</u> 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 I can express how I feel when I see babies or baby animals</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> |
| | <p><u>Piece 2 -Our Nightmare School</u> I can face new challenges positively, make responsible choices and ask for help when I need it I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Social Cultural</p> | <p><u>Piece 2 - Family conflict</u> I understand that differences and conflicts sometimes happen among family members I know how to calm myself down and can use the 'Solve it together' technique</p> <p><u>Aspects covered</u> Social skills Managing feelings</p> <p>Social Cultural</p> | <p><u>Piece 2 - My Dreams and Ambitions</u> I can identify a dream/ambition that is important to me I can imagine how I will feel when I achieve my dream/ambition</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> | <p><u>Piece 2 - Being Fit and Healthy</u> I know that the amount of calories, fat and sugar I put into my body will affect my health. I know what it feels like to make a healthy choice.</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual Moral</p> | <p><u>Piece 2 - Friendship</u> I can identify and put into practice some of the skills of friendship eg. Taking turns, being a good listener I know how to negotiate in conflict situations to try to find a win-win solution</p> <p><u>Aspects covered</u> Social skills Managing feelings Empathy</p> <p>Social</p> | <p><u>Piece 2 - Babies</u> I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow I can express how I might feel if I had a new baby in my family</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Spiritual</p> |
| | <u>Piece 3 - Our Dream School</u> | <u>Piece 3 - Witness and</u> | <u>Piece 3 - A New Challenge</u> | <u>Piece 3 - What Do I Know</u> | <u>Piece 3 - Keeping Myself</u> | <u>Piece 3 - Outside Body</u> |

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| <p>I understand why rules are needed and how they relate to rights and responsibilities</p> <p>I know how to make others feel valued</p> <p><u>Aspects covered</u> Social skills</p> <p>Spiritual Social</p> | <p>feelings</p> <p>I know what it means to be a witness to bullying</p> <p>I know some ways of helping to make someone who is bullied feel better</p> <p><u>Aspects covered</u> Social skills Empathy</p> <p>Social</p> | <p>I enjoy facing new learning challenges and working out the best ways for me to achieve them</p> <p>I can break down a goal into a number of steps and know how others could help me to achieve it</p> <p><u>Aspects covered</u> Self-awareness Social skills Motivation</p> <p>Spiritual Social</p> | <p>about Drugs?</p> <p>I can tell you my knowledge and attitude towards drugs</p> <p>I can identify how I feel towards drugs</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Moral</p> | <p>Safe online</p> <p>I know and can use some strategies for keeping myself safe online</p> <p>I know who to ask for help if I am worried or concerned about anything online</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Social</p> | <p>Changes</p> <p>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>I can identify how boys' and girls' bodies change on the outside during this growing up process</p> <p>I recognise how I feel about these changes happening to me and know how to cope with those feelings</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual Social</p> |
| <p>Piece 4 - Rewards and Consequences</p> <p>I understand that my actions affect myself and others and I care about other people's feelings</p> <p>I understand that my behaviour brings rewards/consequences</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Moral Social</p> | <p>Piece 4 - Witness and solutions</p> <p>I know that witnesses can make the situation better or worse by what they do</p> <p>I can problem-solve a bullying situation with others</p> <p><u>Aspects covered</u> Social skills</p> <p>Moral Social</p> | <p>Piece 4 - Our New Challenge</p> <p>I am motivated and enthusiastic about achieving our new challenge</p> <p>I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge</p> <p><u>Aspects covered</u> Social skills Managing feelings Motivation</p> <p>Spiritual Social</p> | <p>Piece 4 - Being Safe</p> <p>I can 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</p> <p>I can express how being anxious or scared feels</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual Social</p> | <p>Piece 4 -Being a Global Citizen 1</p> <p>I can explain how some of the actions and work of people around the world help and influence my life</p> <p>I can show an awareness of how this could affect my choices</p> <p><u>Aspects covered</u> Social skills Empathy</p> <p>Spiritual Moral Cultural</p> | <p>Piece 4 - Inside Body Changes</p> <p>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</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual Social</p> |
| <p>Piece 5 - Our Learning Charter</p> <p>I can make responsible choices and take action</p> <p>I can work cooperatively in a group</p> <p><u>Aspects covered</u></p> | <p>Piece 5 - Words that harm</p> <p>I recognise that some words are used in hurtful ways</p> <p>I try hard not to use hurtful words (e.g. gay, fat)</p> <p><u>Aspects covered</u> Self-awareness</p> | <p>Piece 5 - Our New Challenge - Overcoming Obstacles</p> <p>I can recognise obstacles which might hinder my achievement and can take steps to overcome them</p> <p>I can manage the feelings of</p> | <p>Piece 5 - Safe or unsafe</p> <p>I can identify when something feels safe or unsafe</p> <p>I can take responsibility for keeping myself and others safe</p> <p><u>Aspects covered</u> Self-awareness</p> | <p>Piece 5 - Being a Global Citizen 2</p> <p>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p>I can empathise with children whose lives are different to</p> | <p>Piece 5 - Family Stereotypes</p> <p>I can start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</p> |

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| | <p>Social skills</p> <p>Moral Social</p> | <p>Empathy</p> <p>Moral Social</p> | <p>frustration that may arise when obstacles occur</p> <p><u>Aspects covered</u> Social skills Managing feelings Motivation</p> <p>Spiritual Social</p> | <p>Moral</p> | <p>mine and appreciate what I may learn from them</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Spiritual Moral Cultural</p> | <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Moral Cultural</p> |
| | <p><u>Piece 6 - Owing our Learning Charter</u> I understand my actions affect others and try to see things from their points of view I am choosing to follow the Learning Charter</p> <p><u>Aspects covered</u> Social skills</p> <p>Moral Social</p> | <p><u>Piece 6 - Celebrating difference: compliments</u> I can tell you about a time when my words affected someone's feelings and what the consequences were I know how to give and receive compliments</p> <p><u>Aspects covered</u> Social skills</p> <p>Spiritual Social</p> | <p><u>Piece 6 - Celebrating My Learning</u> I can evaluate my own learning process and identify how it can be better next time I am confident in sharing my success with others and can store my feelings in my internal treasure chest</p> <p><u>Aspects covered</u> Self-awareness Social skills Managing feelings</p> <p>Spiritual Social</p> | <p><u>Piece 6 -My Amazing Body</u> I understand how complex my body is and how important it is to take care of it I respect my body and appreciate what it does for me</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> | <p><u>Piece 6 - Celebrating My Web of Relationships</u> I know how to express my appreciation to my friends and family I enjoy being part of a family and friendship groups</p> <p><u>Aspects covered</u> Self-awareness Social skills Motivation</p> <p>Spiritual Social Cultural</p> | <p><u>Piece 6 - Looking Ahead</u> I can identify what I am looking forward to when I move to my next class I can start to think about changes I will make next year and know how to go about this</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Social</p> |
| Additional CPSHE | | | | | | |
| | <p>Transition work with pupil councillor.</p> <p>School council representatives</p> | | | | | |

| Year 4 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| | Puzzle 1 Being me in my world | Puzzle 2 Celebrating difference | Puzzle 3 Dreams and goals | Puzzle 4 Healthy me | Puzzle 5 Relationships | Puzzle 6 Changing me |
| | <p>Piece 1 - Becoming a Class 'Team' I know my attitudes and actions make a difference to the class team I know how to use my Jigsaw Journal I know how good it feels to be included in a group and understand how it feels to be excluded I try to make people feel welcome and valued</p> <p><u>Aspects covered</u> Social skills Empathy</p> <p>Spiritual Social</p> | <p>Piece 1 - Judging by Appearances I understand that, sometimes, we make assumptions based on what people look like I try to accept people for who they are</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Spiritual Social</p> | <p>Piece 1 Hopes and Dreams I can tell you about some of my hopes and dreams I know how it feels to have hopes and dreams</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> | <p>Piece 1 - My Friends and Me I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most I can identify the feelings I have about my friends and my friendship groups.</p> <p><u>Aspects covered</u> Self-awareness Social skills Managing feelings</p> <p>Social</p> | <p>Piece 1- Jealousy I can recognize situations which can cause jealousy in relationships. I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens.</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual Social</p> | <p>Piece 1 - Unique Me 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 I appreciate that I am a truly unique human being</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> |
| <p>Piece 2 - Being a School Citizen I understand who is in my school community, the roles they play and how I fit in. I can take on a role in a group and contribute to the overall outcome</p> <p><u>Aspects covered</u> Social skills Empathy</p> <p>Social Cultural</p> | <p>Piece 2 - Understanding Influences I understand what influences me to make assumptions based on how people look I can question why I think what I do about other people</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Moral Social</p> | <p>Piece 2 - Broken Dreams I understand that sometimes hopes and dreams do not come true and that this can hurt I know how disappointment feels and can identify when I have felt that way</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual</p> | <p>Piece 2 - Group Dynamics I understand there are people who take on the roles of leader or followers in a group, and I know the role I take on in different situations. I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with</p> <p><u>Aspects covered</u> Self-awareness Social skills</p> <p>Social</p> | <p>Piece 2 - Love and Loss I can identify someone I love and can express why they are special to me I know how most people feel when they lose someone or something they love</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual</p> | <p>Piece 2 - Having a Baby I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual Cultural</p> | |
| <p>Piece 3 - Rights, Responsibilities and Democracy I understand how democracy works through the school council</p> | <p>Piece 3 - Understanding Bullying 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</p> | <p>Piece 3 - Overcoming Disappointment I know that reflecting on positive and happy experiences can help me to counteract disappointment</p> | <p>Piece 3 - Smoking I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p> | <p>Piece 3 - Memories I can tell you about someone I know that I no longer see I understand that we can remember people even if we no longer see them</p> | <p>Piece 3 - Girls and Puberty 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</p> | |

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| <p>I can recognise my contribution to making a Learning Charter for the whole school</p> <p><u>Aspects covered</u> Motivation Empathy</p> <p>Moral Cultural</p> | <p>I know how it might feel to be a witness to and a target of bullying</p> <p><u>Aspects covered</u> Motivation Empathy</p> <p>Moral Cultural</p> | <p>I know how to cope with disappointment and how to help others cope with theirs</p> <p><u>Aspects covered</u> Self-awareness Managing feelings Empathy</p> <p>Spiritual</p> | <p>I can recognise negative feelings in peer pressure situations (such as embarrassment, shame inadequacy and guilt) and know how to act assertively to resist pressure from myself and others</p> <p><u>Aspects covered</u> Self-awareness Social skills Managing feelings</p> <p>Moral Social</p> | <p><u>Aspects covered</u> Managing feelings</p> <p>Spiritual</p> | <p>I know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Social</p> |
| <p><u>Piece 4 - Rewards and Consequences</u> I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them I understand how rewards and consequences motivate people's behaviour</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Moral Social</p> | <p><u>Piece 4 - Problem-solving</u> I can tell you why witnesses sometimes join in with bullying and sometimes don't tell I can problem-solve a bullying situation with others</p> <p><u>Aspects covered</u> Social skills Empathy</p> <p>Moral Social</p> | <p><u>Piece 4 - Creating New Dreams</u> I know how to make a new plan and set new goals even if I have been disappointed I know what it means to be resilient and to have a positive attitude</p> <p><u>Aspects covered</u> Self-awareness Managing feelings Motivation</p> <p>Spiritual</p> | <p><u>Piece 4 - Alcohol</u> 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 negative feelings in peer pressure situations (such as embarrassment, shame inadequacy and guilt) and know how to act assertively to resist pressure from myself and others</p> <p><u>Aspects covered</u> Self-awareness Social skills Managing feelings</p> <p>Moral Social</p> | <p><u>Piece 4 – Getting on and Falling Out</u> I can recognize how friendships change, know how to make new friends and how to manage when I fall out with my friends. I know how to stand up for myself and how to negotiate and compromise.</p> <p><u>Aspects covered</u> Empathy</p> <p>Moral</p> | <p><u>Piece 4 - Circles of Change</u> I know how the circle of change works and can apply it to changes I want to make in my life I am confident enough to try to make changes when I think they will benefit me</p> <p><u>Aspects covered</u> Managing feelings Motivation</p> <p>Spiritual</p> |
| <p><u>Piece 5 - Our Learning Charter</u> I understand how groups come together to make decisions I can take on a role in a group and contribute to the overall outcome</p> <p><u>Aspects covered</u> Social skills Motivation</p> | <p><u>Piece 5 - Special Me</u> I can identify what is special about me and value the ways in which I am unique I like and respect the unique features of my physical appearance</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> | <p><u>Piece 5 - Achieving Goals</u> 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 enjoy being part of a group challenge</p> <p><u>Aspects covered</u> Self-awareness Social skills</p> | <p><u>Piece 5 – Healthy Friendships</u> I can recognise when people are putting me under pressure and can explain ways to resist this when I want I can identify feelings of anxiety and fear associated with peer pressure</p> <p><u>Aspects covered</u> Self-awareness</p> | <p><u>Piece 5 – Girlfriends and Boyfriends</u> I understand what having an boyfriend / girlfriend might mean and that it is a special relationship for when I am older. I understand that boyfriend / girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend / girlfriend.</p> | <p><u>Piece 5 -Accepting Change</u> I can identify changes that have been and may continue to be outside of my control that I learnt to accept I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p> <p><u>Aspects covered</u></p> |

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| | Moral Social | | Motivation Social | Social skills Social | <u>Aspects covered</u> Self-awareness Managing feelings Empathy Spiritual | Managing feelings |
| | <u>Piece 6 - Owning our Learning Charter</u> I understand how democracy and having a voice benefits the school community I understand why our school community benefits from a Learning Charter and can help others to follow it <u>Aspects covered</u> Social skills Motivation Social | <u>Piece 6 - Celebrating Difference: how we look</u> I can tell you a time when my first impression of someone changed when I got to know them I can explain why it is good to accept people for who they are <u>Aspects covered</u> Self-awareness Motivation Spiritual | <u>Piece 6 - We Did It!</u> I can identify the contributions made by myself and others to the group's achievement I know how to share in the success of a group and how to store this success experience in my internal treasure chest <u>Aspects covered</u> Self-awareness Social skills Spiritual Social | <u>Piece 6 - Celebrating My Inner Strength and Assertiveness</u> I know myself well enough to have a clear picture of what I believe is right and wrong I can tap into my inner strength and know how to be assertive <u>Aspects covered</u> Self-awareness Spiritual | <u>Piece 6 - Celebrating My Relationships with People and Animals</u> I know how to show love and appreciation to the people and animals who are special to me I can love and be loved <u>Aspects covered</u> Self-awareness Motivation Empathy Spiritual | <u>Piece 6 - Looking Ahead</u> I can identify what I am looking forward to when I am in a new class. I can reflect on the changes I would like to make next year and can describe how to go about this. <u>Aspects covered</u> Self-awareness Motivation Social |
| Additional CPSHE | | | | | | |
| | Bikeability | | | | | |
| | School council representatives | | | | | |

| Year 5 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|--|---|--|--|---|---|
| | Puzzle 1 Being me in my world | Puzzle 2 Celebrating difference | Puzzle 3 Dreams and goals | Puzzle 4 Healthy me | Puzzle 5 Relationships | Puzzle 6 Changing me |
| | <p><u>Piece 1 - My Year Ahead</u> I can face new challenges positively and know how to set personal goals I know how to use my Jigsaw Journal I know what I value most about my school and can identify my hopes for this school year</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Social Cultural</p> | <p><u>Piece 1 Different cultures</u> I understand that cultural differences sometimes cause conflict I am aware of my own culture</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Cultural</p> | <p><u>Piece 1 - When I Grow Up (My Dream Lifestyle)</u> I understand that I will need money to help me achieve some of my dreams I can identify what I would like my life to be like when I am grown up</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> | <p><u>Piece 1 - Smoking</u> I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. I can make an informed decision about whether or not I choose to smoke and know how to resist pressure</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Moral Social</p> | <p><u>Piece 1 - Recognising Me</u> I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities I know how to keep building my own self- esteem</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual</p> | <p><u>Piece 1 - Self and Body Image</u> I am aware of my own self-image and how my body image fits into that I know how to develop my own self esteem</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Cultural</p> |
| <p><u>Piece 2 – Being a Citizen of My country (Britain)</u> I understand my rights and responsibilities as a citizen of my country I can empathise with people in this country whose lives are different to my own</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Social Cultural</p> | <p><u>Piece 2 - Racism</u> I understand what racism is I am aware of my attitude towards people from different races</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Moral Cultural</p> | <p><u>Piece 2 - Investigate Jobs and Careers</u> I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs I appreciate the contributions made by people in different jobs</p> <p><u>Aspects covered</u> Motivation Empathy</p> <p>Moral Social</p> | <p><u>Piece 2 Alcohol</u> I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Moral Social</p> | <p><u>Piece 2 – Safety with Online Communities</u> I understand that belonging to an online community can have positive and negative consequences I can recognise when online community feels unsafe or uncomfortable.</p> <p><u>Aspects covered</u> Social skills Managing feelings</p> <p>Social</p> | <p><u>Piece 2 - Puberty for Girls</u> I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I understand that puberty is a natural process that happens to everybody and that it will be ok for me</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual</p> | |
| <p><u>Piece 3 - Year 5 Responsibilities</u> I understand my rights and responsibilities as a citizen of</p> | <p><u>Piece 3 - Rumours and name-calling</u></p> | <p><u>Piece 3 - My Dream Job. Why I want it and the steps to get there</u></p> | <p><u>Piece 3 - Emergency Aid</u> I know and can put into practice basic emergency aid</p> | <p><u>Piece 3 – Being in an Online community</u> I understand there are rights</p> | <p><u>Piece 3 - Puberty for Boys</u> I can describe how boys' and girls' bodies change during</p> | |

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| <p>my country (British citizen) and a member of my school I can empathise with people in this country whose lives are different to my own</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Social Cultural</p> | <p>I understand how rumour-spreading and name-calling can be bullying behaviours I can tell you a range of strategies in managing my feelings in bullying situations and for problem-solving when I'm part of one</p> <p><u>Aspects covered</u> Managing feelings Motivation</p> <p>Moral Social</p> | <p>I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Social Cultural</p> | <p>procedures (including recovery position) and know how to get help in emergency situations I know how to keep myself calm in emergencies</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Social</p> | <p>and responsibilities in an online community or social network. I can recognise when an online community is helpful or unhelpful to me.</p> <p><u>Aspects covered</u> Self-awareness Social skills</p> <p>Social Cultural</p> | <p>puberty I can express how I feel about the changes that will happen to me during puberty</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual</p> |
| <p>Piece 4 - Rewards and Consequences I can make choices about my own behavior because I understand how rewards and consequences feel I understand that my actions affect me and others</p> <p><u>Aspects covered</u> Social skills Motivation</p> <p>Moral Social</p> | <p><u>Piece 4 - Types of bullying</u> I can explain the difference between direct and indirect types of bullying I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</p> <p><u>Aspects covered</u> Social skills Motivation</p> <p>Moral Social</p> | <p><u>Piece 4 - Dreams and Goals of Young People in Other Cultures</u> I can describe the dreams and goals of young people in a culture different to mine I can reflect on how these relate to my own</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Cultural</p> | <p><u>Piece 4 - Body Image</u> I understand how the media and celebrity culture promotes certain body types I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Social Cultural</p> | <p><u>Piece 4 – Online Gaming</u> I know there are rights and responsibilities when playing a game online. I can recognise when an online game is becoming unhelpful or unsafe.</p> <p><u>Aspects covered</u> Self-awareness Social skills Managing feelings</p> <p>Social Cultural</p> | <p><u>Piece 4 - Conception</u> 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 I appreciate how amazing it is that human bodies can reproduce in these ways</p> <p><u>Aspects covered</u> Empathy</p> <p>Spiritual</p> |
| <p><u>Piece 5 - Our Learning Charter</u> I understand how an individual's behaviour can impact on a group I can contribute to the group and understand how we can function best as a whole</p> <p><u>Aspects covered</u> Social skills Motivation</p> <p>Moral</p> | <p><u>Piece 5 - Does money matter?</u> I can compare my life with people in the developing world I can appreciate the value of happiness regardless of material wealth</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Cultural</p> | <p><u>Piece 5 - How We Can Support Each Other</u> 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 appreciate the similarities and differences in aspirations between myself and young</p> <p><u>Aspects covered</u> Self-awareness</p> | <p><u>Piece 5 - My Relationship with Food</u> 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 respect and value my body</p> <p><u>Aspects covered</u> Self-awareness</p> | <p><u>Piece 5 – My Relationship with Technology</u> I can recognise when I am spending too much time using devices (screen time) I can identify things I can do to reduce my screen time, so my health isn't affected.</p> <p><u>Aspects covered</u> Self-awareness Social skills</p> | <p><u>Piece 5 - Looking Ahead</u> I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) I am confident that I can cope with the changes that growing up will bring</p> <p><u>Aspects covered</u> Self-awareness</p> |

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| | Social | | <p>people in a different culture</p> <p><u>Aspects covered</u> Social skills Empathy</p> <p>Social Cultural</p> | <p>Empathy</p> <p>Social Cultural</p> | <p>Motivation</p> <p>Social Cultural</p> | <p>Managing feelings Motivation</p> <p>Moral Social</p> |
| | <p><u>Piece 6 - Owning our Learning Charter</u> I understand how democracy and having a voice benefits the school community and know how to participate in this I understand why our school community benefits from a Learning Charter and can help others to follow it</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Moral Social</p> | <p><u>Piece 6 - Celebrating difference across the world</u> I can understand a different culture from my own. I respect my own and other people's cultures</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Cultural</p> | <p><u>Piece 6 - Rallying Support</u> 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 understand why I am motivated to make a positive contribution to supporting others</p> <p><u>Aspects covered</u> Self-awareness Motivation Empathy</p> <p>Spiritual Cultural</p> | <p><u>Piece 6 - Healthy Me</u> I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy I am motivated to keep myself healthy and happy</p> <p><u>Aspects covered</u> Motivation</p> <p>Spiritual</p> | <p><u>Piece 6 - Relationships and Technology</u> I can explain how to stay safe when using technology to communicate with my friends I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others</p> <p><u>Aspects covered</u> Self-awareness Social skills Motivation</p> <p>Social Cultural</p> | <p><u>Piece 6 - Looking Ahead to Year 6</u> I can identify what I am looking forward to when I move to my next class I can start to think about changes I will make next year and know how to go about this</p> <p><u>Aspects covered</u> Self-awareness Managing feelings Motivation</p> <p>Social Cultural</p> |
| Additional CPSHE | | | | | | |
| | <p>Play leaders</p> <p>School council representatives</p> | | | | | |

| Year 6 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|--|---|---|--|---|--|
| | Puzzle 1 Being me in my world | Puzzle 2 Celebrating difference | Puzzle 3 Dreams and goals | Puzzle 4 Healthy me | Puzzle 5 Relationships | Puzzle 6 Changing me |
| | <p><u>Piece 1- My Year Ahead</u> 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 feel welcome and valued and know how to make others feel the same</p> <p><u>Aspects covered</u> Social skills Motivation</p> <p>Spiritual Social</p> | <p><u>Piece 1 - Am I Normal?</u> I understand there are different perceptions about what normal means I can empathise with people who are different</p> <p><u>Aspects covered</u> Self-awareness Social skills</p> <p>Social</p> | <p><u>Piece 1 - Personal Learning Goals</u> 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 understand why it is important to stretch the boundaries of my current learning</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Spiritual</p> | <p><u>Piece 1 – Taking Responsibility for my Health and Well-Being</u> I can take responsibility for my health and make choices that benefit my health and well-being I am motivated to care for my physical and emotional health</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Spiritual</p> | <p><u>Piece 1 – What is Mental Health?</u> I know that it is important to take care of my mental health I understand that people can get problems with their mental health and that it is nothing to be ashamed of.</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Spiritual Social</p> | <p><u>Piece 1 - Self and Body Image</u> I am aware of my own self-image and how my body image fits into that I know how to develop my own self esteem</p> <p><u>Aspects covered</u> Self-awareness</p> <p>Cultural</p> |
| <p><u>Piece 2 - Being a Global Citizen 1</u> I know that there are universal rights for all children but for many children these rights are not met I understand my own wants and needs and can compare these with children in different communities</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Spiritual Cultural</p> | <p><u>Piece 2 - Understanding Disability</u> I understand how being different could affect someone's life I am aware of my attitude towards people who are different</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Spiritual Social</p> | <p><u>Piece 2 - Steps to Success</u> 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 can set success criteria so that I will know whether I have reached my goal</p> <p><u>Aspects covered</u> Motivation</p> <p>Spiritual</p> | <p><u>Piece 2 - Drugs</u> I know about different types of drugs and their uses and their effects on the body particularly the liver and heart I am motivated to find ways to be happy and cope with life's situations without using drug</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Moral Social</p> | <p><u>Piece 2 – My mental Health</u> I know how to take care of my mental health. I can help myself and others when worried about a mental health problem</p> <p><u>Aspects covered</u> Managing feelings Empathy</p> <p>Spiritual Cultural</p> | <p><u>Piece 2 - Puberty</u> I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally I can express how I feel about the changes that will happen to me during puberty</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Spiritual</p> | |

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| <p>Piece 3 - Being a Global Citizen 2</p> <p>I understand that my actions affect other people locally and globally</p> <p>I understand my own wants and needs and can compare these with children in different communities</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Moral Cultural</p> | <p><u>Piece 3 - Power Struggles</u></p> <p>I can explain some of the ways in which one person or a group can have power over another</p> <p>I know how it can feel to be excluded or treated badly by being different in some way</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Moral Social</p> | <p><u>Piece 3 - My Dream For the World</u></p> <p>I can identify problems in the world that concern me and talk to other people about them</p> <p>I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations</p> <p><u>Aspects covered</u> Motivation Empathy</p> <p>Spiritual Social</p> | <p><u>Piece 3 – Exploitation</u></p> <p>I understand that some people can be exploited and made to do things that are against the law</p> <p>I can suggest ways that someone who is being exploited can help themselves</p> <p><u>Aspects covered</u> Self-awareness Motivation</p> <p>Moral Social</p> | <p><u>Piece 3 - Love and Loss</u></p> <p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>I can recognise when I am feeling those emotions and have strategies to manage the</p> <p><u>Aspects covered</u> Managing feelings Empathy</p> <p>Spiritual</p> | <p><u>Piece 3 – Babies: Conception to Birth</u></p> <p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>I can recognise how I feel when I reflect on the development and Birth of a baby.</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Social</p> |
| <p><u>Piece 4 - The Learning Charter</u></p> <p>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</p> <p>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</p> <p><u>Aspects covered</u> Self-awareness Empathy</p> <p>Moral Social</p> | <p><u>Piece 4 - Why Bully?</u></p> <p>I know some of the reasons why people use bullying behaviours</p> <p>I can tell you a range of strategies in managing my feelings in bullying situations and for problem solving when I'm part of one</p> <p><u>Aspects covered</u> Self-awareness Managing feelings</p> <p>Moral Social</p> | <p><u>Piece 4 - Helping to Make a Difference</u></p> <p>I can work with other people to help make the world a better place</p> <p>I can empathise with people who are suffering or who are living in difficult situations</p> <p><u>Aspects covered</u> Motivation Empathy</p> <p>Spiritual Moral Social</p> | <p><u>Piece 4 - Gangs</u></p> <p>I know why some people join gangs and the risks this involves.</p> <p>I can suggest strategies someone could use to avoid being pressurised.</p> <p><u>Aspects covered</u> Self-awareness Social skills</p> <p>Moral Social</p> | <p><u>Piece 4 - Power and Control</u></p> <p>I can recognise when people are trying to gain power or control</p> <p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p> <p><u>Aspects covered</u> Managing feelings Empathy</p> <p>Moral Social</p> | <p><u>Piece 4 - Babies - Conception to Birth</u></p> <p>I can understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend / boyfriend.</p> <p>I understand that respect for one another is essential in a boyfriend / girlfriend relationship, and that I should not feel pressured into doing something I don't want to.</p> <p><u>Aspects covered</u> Empathy</p> <p>Spiritual</p> |
| <p><u>Piece 5 – Our Learning Charter</u></p> <p>I understand how an individual's behaviour can impact on a group</p> <p>I can contribute to the group and understand how we can function best as a whole</p> | <p><u>Piece 5 - Celebrating Difference</u></p> <p>I can give examples of people with disabilities who lead amazing lives</p> <p>I appreciate people for who they are</p> <p><u>Aspects covered</u></p> | <p><u>Piece 5 - Helping to Make a Difference</u></p> <p>I can describe some ways in which I can work with other people to help make the world a better place</p> <p>I can identify why I am motivated to do this</p> | <p><u>Piece 5 - Emotional and Mental Health</u></p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>I know how to help myself feel emotionally healthy and can recognise when I need help</p> | <p><u>Piece 5 - Being Safe online: Real or Fake? Safe or Unsafe?</u></p> <p>I can judge whether something online is safe and helpful for me.</p> <p>I can resist pressure to do something online that might hurt myself or others.</p> | <p><u>Piece 5 – Changing Me: Real self and ideal self.</u></p> <p>I am aware of the importance of a positive self-esteem and what I can do to develop it.</p> <p>I can express how I feel about my self image and know how to challenge negative "body-talk"</p> |

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| | <u>Aspects covered</u> Social skills Motivation Moral Social | Empathy Spiritual | <u>Aspects covered</u> Motivation Empathy Spiritual Moral Social | with this <u>Aspects covered</u> Self-awareness Managing feelings Moral Social | <u>Aspects covered</u> Motivation Moral Social Cultural | <u>Aspects covered</u> Self-awareness Social skills Managing feelings Social Cultural |
| <u>Piece 6 - Owning our Learning Charter</u> I understand how democracy and having a voice benefits the school community I understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself <u>Aspects covered</u> Social skills Motivation Moral Social | <u>Piece 6 - Celebrating Difference</u> I can explain ways in which difference can be a source of conflict and a cause for celebration I can show empathy with people in either situation <u>Aspects covered</u> Self-awareness Empathy Cultural | <u>Piece 6 - Recognising Our Achievements</u> I know what some people in my class like or admire about me and can accept their praise I can give praise and compliments to other people when I recognise their contributions and achievements <u>Aspects covered</u> Self-awareness Social skills Spiritual Social | <u>Piece 6 - Managing Stress and Pressure</u> I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause drug and alcohol misuse I can use different strategies to manage stress and pressure <u>Aspects covered</u> Self-awareness Managing feelings Spiritual Moral | <u>Piece 6 - Using Technology Safely</u> I can use technology positively and safely to communicate with my friends and family I can take responsibility for my own safety and well-being <u>Aspects covered</u> Motivation Moral Social Cultural | <u>Piece 6 – The Year Ahead</u> 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. I know how to prepare myself emotionally for the changes next year. <u>Aspects covered</u> Managing feelings Motivation Social | |
| Additional CPSHE | | | | | | |
| Bikeability level 2- (riding on local streets) prepare for on-road cycling start and finish an on-road journey recognise typical hazards let others know what you are about to do know where to ride on the road pass parked vehicles and side roads School council representatives | | | | | Drug workshop- outside speaker arranged to visit. | Sex education PGL residential – children to discuss feeling about being away from home and taking part in activities they may not have done before Transition to secondary school- Transition week / visits to new schools. Discussions about transition and opportunities for discussion about feeling / worries. |