

# JIGSAW PSHE OVERVIEW

## Autumn 1 - Being Me in My World

### Celebrating children who:

- Help others to feel welcome
- Try to make our school community a better place
- Think about everyone's right to learn
- Care about each other's feelings
- Work well with others
- Choose to follow the Learning Charter

### Puzzle Overview

**Being Me in My World** covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.

## Autumn 2 - Celebrating Difference

### Celebrating children who:

- Accept that everyone is different
- Include others when working and playing
- Know how to help if someone is being bullied
- Try to solve problems
- Try to use kind words
- Know how to give and receive compliments

### Puzzle Overview

**Celebrating Difference** focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and most year groups explore the concept of 'normal'; bullying – what it is and what it isn't, including cyber and homophobic bullying – is an important aspect of this Puzzle.

## Spring 1 - Dreams and Goals

### Celebrating children who:

- Stay motivated when doing something challenging
- Keep trying even when it is difficult
- Work well with a partner or in a group
- Have a positive attitude
- Help others to achieve their goals
- Are working hard to achieve their own dreams and goals

### Puzzle Overview

**Dreams and Goals** aims to help children think about their hopes and dreams, their goals for success, what personal strengths are, and how to overcome challenges, via team work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for the world.

## Spring 2 - Healthy Me

### Celebrating children who:

- Have made a healthy choice
- Have eaten a healthy, balanced diet
- Have been physically active
- Have tried to keep themselves and others safe
- Know how to be a good friend and enjoy healthy friendships
- Know how to keep calm and deal with difficult situations

### Puzzle Overview

**Healthy Me** covers two main areas of health: Emotional health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid) in order for children to learn that health is a very broad topic.

## Summer 1 - Relationships

### Celebrating children who:

- Know how to make friends
- Try to solve friendship problems when they occur
- Help others to feel part of a group
- Show respect in how they treat others
- Know how to help themselves and others when they feel upset or hurt
- Know and show what makes a good relationship

### Puzzle Overview

**Relationships** has a wide focus, looking at diverse topics such as families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to cyber safety and social networking, as well as attraction and assertiveness; children learn how to deal with conflict, their own strengths and self-esteem. They have the chance to explore roles and responsibilities in families, and look at stereotypes. All Jigsaw lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

## Summer 2 - Changing Me

### Celebrating children who:

- Understand that everyone is unique and special
- Can express how they feel when change happens
- Understand and respect the changes they see in themselves
- Understand and respect the changes they see in other people
- Know who to ask for help if they are worried about change
- Are looking forward to change

### Puzzle Overview

**Changing Me** deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body image, puberty, attraction and accepting change are diverse subjects for children to explore. Each year group thinks about looking ahead, moving year groups or the transition to secondary school. Life cycles and how babies are made and grow are treated sensitively and are designed to meet children's needs. All year groups learn about how people and bodies change. This Puzzle links with the Science curriculum when teaching children about life cycles, babies and puberty.