**PSHRE Jigsaw Curriculum Progression**

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|  | | **EYFS** | | | **Y1** | | **Y2** | | **Y3** | | **Y4** | **Y5** | | | **Y6** |
| **Being Me in My World** | | * **Identify feelings associated with belonging** * **Skills to play co-operatively with others** * **Be able to consider others’ feelings** * Identify feelings of happiness and sadness * Be responsible in the setting | | | * **Understand that they are safe in their class** * **Identifying helpful behaviours to make the class a safe place** * **Understand that they have choices** * Understanding that they are special * Identify what it’s like to feel proud of an achievement * Recognise feelings associated with positive and negative consequences | | * **Know how to make their class a safe and fair place** * **Show good listening skills** * **Be able to work co-operatively** * Recognise own feelings and know when and where to get help * Recognise the feeling of being worried | | * **Make other people feel valued** * **Develop compassion and empathy for others** * **Be able to work collaboratively** * Recognise self-worth      * Identify personal strengths * Be able to set a personal goal * Recognise feelings of happiness, sadness, worry and fear in themselves and others | | * **Identify the feelings associated with being included or excluded** * **Be able to take on a role in a group discussion / task and contribute to the overall outcome**      * **Know how to regulate my emotions** * Can make others feel cared for and welcome * Recognise the feelings of being motivated or unmotivated * Can make others feel valued and included * Understand why the school community benefits from a Learning Charter * Be able to help friends make positive choices | * **Empathy for people whose lives are different from their own** * **Consider their own actions and the effect they have on themselves and others** * **Be able to work as part of a group, listening and contributing effectively** * Identify hopes for the school year * Understand why the school community   benefits from a Learning Charter   * Be able to help friends make positive choices * Know how to regulate my emotions | | | * **Know own wants and needs** * **Be able to compare their life with the lives of those less fortunate** * **Demonstrate empathy and understanding towards others** * **Can demonstrate attributes of a positive role-model** * Can take positive action to help others * Be able to contribute towards a group task * Know what effective group work is * Know how to regulate my emotions * Be able to make others feel welcomed and valued |
|  | | **EYFS** | | **Y1** | | | **Y2** | | **Y3** | | **Y4** | **Y5** | | | **Y6** |
| **Celebrating Difference** | | * **Know what being unique means** * **Know the names of some emotions such as happy, sad, frightened, angry** * **Know why having friends is important** * **Know some qualities of a positive friendship** * **Know that they don’t have to be ‘the same as’ to be a friend** * Know what being proud means and that people can be proud of different things * Know that people can be good at different things * Know that families can be different * Know that people have different homes and why they are   important to them   * Know different ways of making friends * Know different ways to stand up for myself | | * **Know what bullying means** * **Know who to tell if they or someone else is being bullied or is feeling unhappy** * **Know that people are unique and that it is OK to be different** * Know skills to make friendships * Know that people have differences and similarities | | | * **Know the difference between a one-off incident and bullying** * **Know that sometimes people get bullied because of difference**      * **Know that friends can be different and still be friends** * Know there are stereotypes about boys and girls * Know where to get help if being bullied * Know that it is OK not to conform to gender stereotypes * Know it is good to be yourself * Know the difference between right and wrong and the role that choice has to play in this | | * **Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do** * **Know that conflict is a normal part of relationships** * **Know that some words are used in hurtful ways and that this can have consequences** * Know why families are important * Know that everybody’s family is different * Know that sometimes family members don’t get along and some reasons for this | | * **Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying** * **Know the reasons why witnesses sometimes join in with bullying and don’t tell anyone** * **Know that sometimes people make assumptions about a person because of the way they look or act** * Know there are influences that can affect how we judge a person or situation * Know what to do if they think bullying is or might be taking place * Know that first impressions can change | * **Know external forms of support in regard to bullying e.g. Childline** * **Know that bullying can be direct and indirect**      * **Know what racism is and why it is unacceptable** * **Know what culture means** * Know that differences in culture can sometimes be a source of conflict * Know that rumour-   spreading is a form of bullying online and offline   * Know how their life is different from the lives of children in the developing world | | | * **Know that people can hold power over others**   **individually or in a group**     * **Know that power can play a part in a bullying or conflict situation** * **Know that there are different perceptions of ‘being normal’ and where these might come from** * **Know that difference can be a source of celebration as well as conflict** * Know that being different could affect someone’s life * Know why some people choose to bully others * Know that people with disabilities can lead amazing lives |
|  | | **EYFS** | | **Y1** | | | **Y2** | | **Y3** | | **Y4** | **Y5** | | | **Y6** |
| **Dreams and Goals** | | * **Know what a challenge is** * **Know that it is important to keep trying** * **Know what a goal is** * Know how to set goals and work towards them * Know which words are kind * Know some jobs that they might like to do   when they are older   * Know that they must work hard now in order to be able to achieve the job they want when they are older * Know when they have achieved a goal | | * **Know how to set simple goals** * **Know how to achieve a goal** * **Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them** * **Know when a goal has been achieved** * Know how to work well with a partner * Know that tackling a challenge can stretch their learning | | | * **Know how to choose a realistic goal and think about how to achieve it** * **Know that it is important to persevere** * **Know how to recognise what working together well looks like** * Know what good group-working looks like * Know how to share success with other people | | * **Know that they are responsible for their own learning** * **Know what an obstacle is and how they can hinder achievement**      * **Know how to take steps to overcome obstacles** * **Know what dreams and ambitions are important to them** * Know about specific people who have overcome difficult challenges to achieve success * Know how they can best overcome learning challenges * Know what their own strengths are as a learner * Know how to evaluate their own learning progress and identify how it can be better next time | | * **Know how to make a new plan and set new goals even if they have been disappointed**      * **Know how to work as part of a successful group** * **Know how to share in the success of a group** * Know what their own hopes and dreams are      * **Know that hopes and dreams don’t always come true** * Know that reflecting on positive and happy experiences can help them to counteract disappointment * Know how to work out the steps they need to take to achieve a goal | * **Know about a range of jobs that are carried out by people I know** * **Know the types of job they might like to do when they are older** * **Know that young people from different cultures may have different dreams and goals** * Know that different jobs pay more money than others * Know ways that they can support young people in their own culture and abroad | | | * **Know their own learning strengths** * **Know what their classmates like and admire about them** * **Know a variety of problems that the world is facing** * **Know some ways in which they could work with others to make the world a better place** * Know what the learning steps are they need to take to achieve their goal * Know how to set realistic and challenging goals |
|  | | **EYFS** | | **Y1** | | | **Y2** | | **Y3** | | **Y4** | **Y5** | | | **Y6** |
| **Healthy Me** | | * **Know what the word ‘healthy’ means** * **Know some things that they need to do to keep healthy** * **Know the names for some parts of their body** * **Know when and how to wash their hands**   **properly**   * **Know how to say no to strangers** * Know that they need to exercise to keep healthy * Know how to help themselves go to sleep and that sleep is good for them * Know what to do if they get lost | | * **Know the difference between being healthy and unhealthy** * Know some ways to keep healthy * **Know how to make healthy lifestyle choices** * **Know that all household products, including medicines, can be harmful if not used properly** * Know that medicines can help them if they feel poorly * **Know how to keep safe when crossing the road** * Know how to keep themselves clean and healthy * Know that germs cause disease/illness * Know about people who can keep them safe | | | * **Know what their body needs to stay healthy** * **Know what relaxed means** * **Know why healthy snacks are good for their bodies** * **Know which foods given their bodies energy** * Know that it is important to use medicines safely * Know what makes them feel relaxed/stressed * Know how medicines work in their bodies * Know how to make some healthy snacks | | * **Know how exercise affects their bodies** * Know that the amount of calories, fat and sugar that they put into their bodies will affect their health * **Know that there are different types of drugs** * **Know that there are things, places and people that can be dangerous** * **Know when something feels safe or unsafe** * Know why their hearts and lungs are such important organs * Know a range of strategies to keep themselves safe * Know that their bodies are complex and need taking care of | | * **Know that there are leaders and followers in groups** * **Know the facts about smoking and its effects on health** * **Know the facts about alcohol and its effects on health, particularly the liver** * **Know ways to resist when people are putting pressure on them** * **Know what they think is right and wrong** * Know how different friendship groups are formed and how they fit into them * Know which friends they value most * Know that they can take on different roles according to the situation | * **Know basic emergency procedures, including the recovery position** * Know the health risks of smoking * **Know how to get help in emergency situations** * **Know that the media, social media and celebrity culture**   **promotes certain body types**   * **Know the different roles food can play in people’s lives and know that people can develop eating problems/disorders related to body image pressure** * Know some of the risks linked to misusing alcohol, including antisocial behaviour * Know what makes a healthy lifestyle | | | * **Know how to take responsibility for their own health** * **Know what it means to be emotionally well** * **Know how to make choices that benefit their own health and well-being** * Know about different types of drugs and their uses * Know how these different types of drugs can affect people’s bodies, especially their liver and heart * Know that stress can be triggered by a range of things * Know that being stressed can cause drug and alcohol misuse * **Know that some people can be exploited and made to do things that are against the law** |
|  | | **EYFS** | | **Y1** | | | **Y2** | | **Y3** | | **Y4** | **Y5** | | | **Y6** |
| **Relationships** | | * **Know what a family is** * Know that different people in a family have different responsibilities (jobs) * **Know some of the characteristics of healthy and safe friendships** * **Know that friends sometimes fall out** * **Know some ways to mend a friendship** * **Know that unkind words can never be taken back and they can hurt** * Know how to use Jigsaw’s Calm Me to help when feeling angry * Know some reasons why others get angry | | * **Know that everyone’s family is different** * **Know that families are founded on belonging, love and care**      * **Know that physical contact can be used as a greeting** * **Know how to make a friend** * **Know who to ask for help in the school community** * Know that there are lots of different types of families * Know the characteristics of healthy and safe friends * Know about the different people in the school community and how they help | | | * **Know that there are lots of forms of physical contact within a family** * **Know how to stay stop if someone is hurting them** * **Know there are good secrets and worry secrets and why it is important to share worry secrets** * **Know what trust is** * Know that everyone’s family is different * Know that families function well when there is trust, respect, care, love and co-operation * Know some reasons why friends have conflicts * Know that friendships have ups and downs and sometimes change with time * Know how to use the Mending Friendships or Solve it together problem-solving methods | | * **Know that different family members carry out different roles or have different responsibilities within the family** * **Know some of the skills of friendship, e.g. taking turns, being a good listener** * **Know some strategies for keeping themselves safe online** * **Know that they and all children have rights (UNCRC)** * Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc * Know how some of the actions and work of people around the world help and influence my life * Know the lives of children around the world can be different from their own | | * **Know some reasons why people feel jealousy** * **Know that loss is a normal part of relationships** * **Know that negative feelings are a normal part of loss** * **Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe** * Know that jealousy can be damaging to relationships * Know that memories can support us when we lose a special person or animal | * **Know that there are rights and responsibilities in an online community or social network** * **Know that there are rights and responsibilities when playing a game online** * **Know that too much screen time isn’t healthy** * **Know how to stay safe when using technology to communicate with friends** * Know that a personality is made up of many different characteristics, qualities and attributes * Know that belonging to an online community can have positive and negative consequences | | | * **Know that it is important to take care of their own mental health** * **Know ways that they can take care of their own mental health** * **Know the stages of grief and that there are different types of loss that cause people to grieve** * Know that sometimes people can try to gain power or control them * Know some of the dangers of being ‘online’ * Know how to use technology safely and positively to communicate with their friends and family |
|  | **EYFS** | | **Y1** | | | **Y2** | | **Y3** | | **Y4** | | | **Y5** | **Y6** | |
| **Changing Me** | * **Know the names and functions of some parts of the body (see vocabulary list)** * **Know that we grow from baby to adult** * **Know who to talk to if they are feeling worried** * Know that sharing how they feel can help solve a worry * Know that remembering happy times can help us move on | | * **Know the names of male and female private body parts** * **Know that there are correct names for private body parts and nicknames, and when to use them** * **Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these** * **Know who to ask for help if they are worried or frightened** * Know that animals including humans have a life cycle * Know that changes happen when we grow up * Know that people grow up at different rates and that is normal * Know that learning brings about change | | | * **Know the physical differences between male and female bodies**      * **Know that private body parts are special and that no one has the right to hurt these** * Know who to ask for help if they are worried or frightened * **Know there are different types of touch and that some are acceptable and some are unacceptable** * Know the correct names for private body parts * Know that life cycles exist in nature * Know that aging is a natural process including old age * Know that some changes are out of an individual’s control * Know how their bodies have changed from when they were a baby and that they will continue to change as they age | | * **Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults** * **Know some of the outside body changes that happen during puberty** * **Know some of the changes on the inside that happen during puberty** * Know that in animals and humans lots of changes happen between conception and growing up * Know that in nature it is usually the female that carries the baby   Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops   * Know that babies need love and care from their parents/carers   Know some of the changes that happen between being a baby and a child | | * **Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm** * **Know that babies are made by a sperm joining with an ovum**      * **Know the names of the different internal and external body parts that are needed to make a baby** * **Know how the female and male body change at puberty** * **Know that change can bring about a range of different emotions** * Know that personal hygiene is important during puberty and as an adult * Know that change is a normal part of life and that some cannot be controlled and have to be accepted | | | * **Know how girls’ and boys’ bodies change during puberty and understand the importance of looking after themselves physically and emotionally** * **Know that sexual intercourse can lead to conception** * **Know that some people need help to conceive and might use IVF** * **Know that becoming a teenager involves various changes and also brings growing responsibility** * Know what perception means and that perceptions   can be right or wrong | * Know how girls’ and boys’ bodies change during puberty and understand the importance of looking after themselves physically and emotionally      * **Know how a baby develops from conception through the nine months of pregnancy and how it is born** * **Know how being physically attracted to someone changes the nature of the relationship**      * **Know the importance of self-esteem and what they can do to develop it** * Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class | |