**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
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|  | **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
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|  | **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
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|  | **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
 |