**Jigsaw PSHE 3 -11/12 Content Overview**

**with Summative Assessment Statements (‘Working At’ level)**



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Age Group** | **Being Me In My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
|  | Self-identity | Identifying talents | Challenges | Exercising bodies | Family life | Bodies |
| **Ages**  **3-5**  **(F1-F2)** | Understanding feelings  Being in a classroom  Being gentle  Rights and responsibilities | Being special  Families  Where we live  Making friends  Standing up for yourself | Perseverance  Goal-setting  Overcoming obstacles  Seeking help  Jobs  Achieving goals | Physical  activity Healthy food  Sleep Keeping clean Safety | Friendships Breaking friendships  Falling out  Dealing with bullying  Being a good friend | Respecting my body Growing up Growth and change Fun and fears Celebrations |
| **Ages**  **5-6** | Feeling special and safe  Being part of a class  Rights and responsibilities  Rewards and feeling proud Consequences  Owning the Learning Charter          I can explain why my class is a happy and safe place to learn.        I can give different examples where I or others make my class happy and safe. | Similarities and differences Understanding bullying and knowing how to deal with it Making new friends  Celebrating the differences in everyone          I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.      I can explain what bullying is and how being bullied might make somebody feel. | Setting goals  Identifying successes and achievements Learning styles  Working well and celebrating achievement with a partner  Tackling new challenges Identifying and overcoming obstacles  Feelings of Success    I can explain how I feel when I am successful and how this can be celebrated positively.        I can say why my internal treasure chest is an important place to store positive feelings. | Keeping myself healthy  Healthier lifestyle choices  Keeping clean  Being safe  Medicine safety/safety with household items  Road safety  Linking health and happiness    I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.        I can give examples of when being healthy can help me feel happy. | Belonging to a family  Making friends/being a good friend  Physical contact preferences  People who help us  Qualities as a friend and person Self-acknowledgement Being a good friend to myself  Celebrating special relationships    I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.      I can give examples of behaviour in other people that I appreciate and behaviours that I don’t like. | Life cycles – animal and human  Changes in me  Changes since being a baby Differences between female and  male bodies (correct terminology)  Linking growing and learning  Coping with change  Transition    I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.    I can explain why some changes I might experience might feel better than others. |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Age Group** | **Being Me In My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Ages**  **6-7** | Hopes and fears for the year  Rights and responsibilities  Rewards and consequences Safe and fair learning environment  Valuing contributions Choices  Recognising feelings        I can explain why my behaviour can impact on other people in my class.    I can compare my own and my friends’ choices and can express why some choices are better than others. | Assumptions and  stereotypes about gender Understanding bullying Standing up for self and others  Making new friends Gender diversity  Celebrating difference and remaining friends    I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.  I can explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends. | Achieving realistic goals  Perseverance  Learning strengths  Learning with others  Group co-operation Contributing to and  sharing success      I can explain how I played my part in a group and the parts other people played to create an end product.    I can explain how our skills complemented each other.    I can explain how it felt to be part of a group and can identify a range of feelings about group work. | Motivation  Healthier choices  Relaxation  Healthy eating and nutrition Healthier snacks and sharing food        I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.    I can compare my own and my friends’ choices and can express how it feels to make healthy and safe choices. | Different types of family  Physical contact boundaries  Friendship and conflict  Secrets  Trust and appreciation Expressing appreciation for special relationships      I can explain why some things might make me feel  uncomfortable in a relationship and compare this with relationships that make me feel safe and special.  I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships. | Life cycles in nature  Growing from young to old  Increasing independence Differences in female and male bodies (correct terminology)  Assertiveness  Preparing for transition      I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.    I can explain why some types of touches feel OK and others don’t.    I can tell you what I like and don’t like about being a boy/ girl and getting older, and recognise that other people might feel differently to me. |
|  |
| **Ages**  **7-8** | Setting personal goals  Self-identity and worth  Positivity in challenges Rules, rights and  responsibilities  Rewards and consequences Responsible choices Seeing things from others’ perspectives      I can explain how my behaviour can affect how others feel and behave.    I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued. | Families and their differences  Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it  Recognising how words can be hurtful  Giving and receiving compliments    I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.    I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help. | Difficult challenges and achieving success Dreams and ambitions  New challenges  Motivation and enthusiasm Recognising and trying to overcome obstacles  Evaluating learning processes  Managing Feelings  Simple budgeting      I can explain the different ways that help me learn and what I need to do to improve.    I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important. | Exercise  Fitness challenges  Food labelling and healthy swaps  Attitudes towards drugs Keeping safe and why it’s important online and offline scenarios  Respect for myself and others  Healthy and safe choices      I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services.    I can express how being anxious/ scared and unwell feels. | Family roles and responsibilities  Friendship and negotiation Keeping safe online and who to go to for help  Being a global citizen  Being aware of how my choices affect others  Awareness of how other children have different lives  Expressing appreciation for family and friends    I can explain how my life is influenced positively by people I know and also by people from other countries.    I can explain why my choices might affect my family, friendships and people around the world who I don’t know. | How babies grow  Understanding a baby’s needs  Outside body changes Inside body changes Family stereotypes Challenging my ideas  Preparing for transition      I can explain how boys’ and girls’ bodies change on the inside/outside 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.    I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings. |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Age Group** | **Being Me In My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Ages**  **8-9** | Being part of a class team  Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences  Group decision-making  Having a voice  What motivates behavior    I can explain why being listened to and listening to others is important in my school community.    I can explain why being democratic is important and can help me and others feel valued. | Challenging assumptions  Judging by appearance  Accepting self and others  Understanding influences  Understanding bullying  Problem-solving  Identifying how special and unique everyone is  First Impressions    I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I’m not sure.    I can explain why it is good to accept myself and others for who we are. | Hopes and dreams  Overcoming disappointment  Creating new, realistic dreams  Achieving goals  Working in a group  Celebrating contributions  Resilience  Positive attitudes    I can plan and set new goals even after a disappointment.    I can explain what it means to be resilient and to have a positive attitude. | Healthier friendships  Group dynamics  Smoking  Alcohol  Assertiveness  Peer pressure  Celebrating inner strength    I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.    I can identify feelings of anxiety and fear associated with peer pressure. | Jealousy  Love and loss  Memories of loved ones  Getting on and Falling Out  Girlfriends and boyfriends  Showing appreciation to people and  Animals    I can recognise how people are feeling when they miss a special person or animal.    I can give ways that might help me manage my feelings when missing a special person or animal. | Being unique  Having a baby  Girls and puberty  Confidence in change  Accepting change  Preparing for transition  Environmental change    I can summarise the changes that happen to boys’ and girls’ bodies that prepare them for making a baby when they are older.  I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen. |
| **Ages**  **9-10** | Planning the forthcoming year  Being a citizen  Rights and responsibilities  Rewards and consequences How behaviour affects groups  Democracy, having a voice,  Participating    I can compare my life with other people in my country  and explain why we have  rules, rights and  responsibilities to try and make the school and the wider community a fair place.    I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context. | Cultural differences and how they can cause conflict  Racism  Rumours and name-calling  Types of bullying Material wealth and happiness  Enjoying and respecting other cultures    I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if  we become involved  (directly or indirectly) in a bullying situation.    I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour. | Future dreams  The importance of money  Jobs and careers  Dream job and how to get there  Goals in different cultures  Supporting others (charity)  Motivation    I can compare my hopes and dreams with those of young people from different cultures.    I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel. | Smoking, including vaping  Alcohol Alcohol and anti-social behaviour  Emergency aid  Body image  Relationships with food  Healthy choices  Motivation and behavior    I can explain different roles that food and substances can play in people’s lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.    I can summarise different ways that I respect and value my body. | Self-recognition and self-worth  Building self-esteem  Safer online communities  Rights and responsibilities online  Online gaming and gambling  Reducing screen time  Dangers of online grooming  SMARRT internet safety rules    I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.    I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others. | Self- and body image  Influence of online and media on body image Puberty for girls  Puberty for boys  Conception (including IVF)  Growing responsibility  Coping with change  Preparing for transition    I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also  summarise the process of conception.    I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends. |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Age Group** | **Being Me In My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Ages**  **10-**  **11** | Identifying goals for the year  Global citizenship  Children’s universal rights  Feeling welcome and valued Choices, consequences and rewards Group dynamics  Democracy, having a voice  Anti-social behavior  Role-modelling  I can explain how my choices can have an impact on people in my immediate community and globally.    I can empathise with others in my community and globally and explain how this can influence the choices I make. | Perceptions of normality  Understanding disability Power struggles  Understanding bullying  Inclusion/exclusion Differences as conflict, difference as celebration  Empathy  I can explain ways in which difference can be a source of  conflict or a cause for celebration.    I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration. | Personal learning goals, in and out of school Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments  I can explain different ways to work with others to help make the world a better place.    I can explain what motivates me to make the world a better place. | Taking personal responsibility  How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health  Managing stress    I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.    I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure. | Mental health  Identifying mental health worries and sources of support  Love and loss Managing feelings  Power and control Assertiveness  Technology safety Take responsibility with technology use  I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.    I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations. | Self-image  Body image  Puberty and feelings  Conception to birth Reflections about change Physical attraction  Respect and consent  Boyfriends/girlfriends  Sexting  Transition  I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.    I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby. |
| **Ages 11-12** | Personal identity  What influences  Personal identity  Identify personal strengths How do others see me?  Group identity  My growing sense of personal identity and independence  Online and global identity  Expectations    I can compare my self-identity with how I believe others see me. I can explain some of the factors that may affect my self- identity.  I can explain why it is important that I am a unique individual and can also explain how my self-identity has been influenced by past events and experiences. I can also express a level of independence while maintaining positive relationships with others. | Assertiveness  Prejudice and discrimination My values and those of others  Challenging stereotypes  Discrimination in school How prejudice and  discrimination fuels bullying  Being inclusive    I can explain why different forms of positive and negative prejudice and discrimination happen. I can challenge my own and others’ attitudes and values and accept difference in others.    I can explain how different forms of positive and negative prejudice and discrimination might make people feel. I can offer strategies to support those involved. | What are my dreams and goals?  Steps to success  Coping when things don’t go to plan  Rewarding my dreams  Intrinsic and extrinsic motivation  Keeping my dreams alive How dreams and goals change  in response to life      I can explain how internal and external factors might affect my own dreams and goals as I get older.  I can explain why breaking a dream or goal into smaller steps is a helpful strategy. I can also offer a range of strategies that I could use to overcome obstacles and remain positive. | Healthy choices about my emotional health  Managing stress  Managing my choices around substances  Managing my nutritional choices Medicines and  immunisation  Healthy choices about physical  activity and rest/sleep    I can explain how emotions are linked to physical health in a variety of ways. I can also explain that emotions can play a part in making healthy/less healthy choices, and also that healthy/less healthy choices can impact on emotions.    I can explain why it is important to express my feelings and manage them positively to help me make responsible choices. I can offer strategies I could use to do this. | My changing web of friendships  Support I need now and in the future  Developing positive relationships What external factors affect relationships, e.g. media influences? Assertiveness in relationships  The changing role of families    I can explain a range of feelings that people may experience within different social groups and social contexts and how this may relate to their behaviour.  I can explain the feelings I might experience in different social groups and different social contexts and how these might manifest in my behaviour. I can offer strategies to help me manage these feelings. | My changing body and feelings What is self-image?  Coping during times of change  My changing ways of thinking  Managing my changes in mood Moving forwards into my next year of education      I can explain why some personal and family changes happen.    I can explain ways that I can give emotional support to myself and others during times of personal change. |

© Copyright Jigsaw PSHE Ltd