



Curriculum plan- PSHE

	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
Year 1 and 2 Cycle A Jigsaw Jo	<p>Being Me in My World What worries me? Progression of Skills: - Identifying hopes and fears for the year ahead - Understand the rights and responsibilities of class members - Know that it is important to listen to other people - Understand that their own views are valuable - Know about rewards and consequences and that these stem from choices - Know that positive choices impact positively on self-learning and the learning of others</p> <p>Celebrating Difference What make us unique? Progression of Skills: - Know there are stereotypes about boys and girls - Know that it is OK not to conform to gender stereotypes - Know it is good to be yourself - Know that sometimes people get bullied because of difference - Know the difference between right and wrong and the role that choice has to play in this - Know that friends can be different and still be friends - Know where to get help if being bullied - Know the difference between a one-off incident and bullying</p> <p>Skills from Jigsaw:</p>	<p>Dreams and Goals How can I achieve my goals? Progression of Skills: - 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</p> <p>Healthy Me What is healthy food? Progression of Skills: - Know what their body needs to stay healthy - Know what relaxed means - Know what makes them feel relaxed / stressed - Know how medicines work in their bodies - Know that it is important to use medicines safely - Know how to make some healthy snacks - Know why healthy snacks are good for their bodies - Know which foods give their bodies energy</p> <p>Skills from Jigsaw: - Be able to describe their own achievements and the feelings linked to this - Recognise their own strengths as a learner - Recognise how working with others can be helpful - Be able to work effectively with a partner - Be able to choose a partner with whom they work well - Be able to work as part of a group</p>	<p>Relationships Why is cooperation, appreciation and trust important? Progression of Skills: - Know that everyone's family is different - Know that families function well when there is trust, respect, care, love and co-operation - Know that there are lots of forms of physical contact within a family - Know how to stay stop if someone is hurting them - 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 there are good secrets and worry secrets and why it is important to share worry secrets - Know what trust is</p> <p>Changing Me Why are private parts private? Progression of Skills: - 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 the physical differences between male and female bodies</p>



	<ul style="list-style-type: none"> - Recognise own feelings and know when and where to get help - Know how to make their class a safe and fair place - Show good listening skills - Recognise the feeling of being worried - Be able to work cooperatively - Understand that boys and girls can be similar in lots of ways and that is OK - Understand that boys and girls can be different in lots of ways and that is OK - Explain how being bullied can make someone feel - Can choose to be kind to someone who is being bullied - Know how to stand up for themselves when they need to - Recognise that they shouldn't judge people because they are different - Understand that everyone's differences make them special and unique 	<ul style="list-style-type: none"> - Recognise how it feels to be part of a group that succeeds and store this feeling - Desire to make healthy lifestyle choices - Identify when a feeling is weak and when a feeling is strong - Feel positive about caring for their bodies and keeping it healthy - Have a healthy relationship with food - Express how it feels to share healthy food with their friends 	<ul style="list-style-type: none"> - Know the correct names for private body parts - 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 ac <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Can identify the different roles and responsibilities in their family - Can recognise the value that families can bring - Can recognise and talk about the types of physical contact that is acceptable or unacceptable - Can use positive problem-solving techniques (Mending Friendships or Solve-it-together) to resolve a friendship conflict - Can identify the negative feelings associated with keeping a worry secret - Can identify the feelings associated with trust - Can identify who they trust in their own relationships - Can give and receive compliments - Can say who they would go to for help if they were worried or scared - Can appreciate that changes will happen and that some can be controlled and others not - Be able to express how they feel about changes - Show appreciation for people who are older - Can recognise the independence and responsibilities they have now compared to being a baby or toddler - Can say what greater responsibilities and freedoms they may have in the future - Can say who they would go to for help if worried or scared
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<p>Year 1 and 2 Cycle B Jigsaw Jack</p>	<p>Being Me in My World How can we make our class a safe and fair place? Progression of Skills: - Understand the rights and responsibilities of a member of a class - Understand that their views are important - Understand that their choices have consequences - Understand their own rights and responsibilities with their classroom</p> <p>Celebrating Difference How are we different/the same? Progression of Skills: - Know that people have differences and similarities - Know what bullying means - Know who to tell if they or someone else is being bullied or is feeling unhappy - Know skills to make friendships - Know that people are unique and that it is OK to be different</p> <p>Skills from Jigsaw: - Understanding that they are special - Understand that they are safe in their class - Identifying helpful behaviours to make the class a safe place - Identify what it's like to feel proud of an achievement</p>	<p>Dreams and Goals What are my dreams and goals this year? Progression of Skills: - Know how to set simple goals - Know how to achieve a goal - Know how to work well with a partner - Know that tackling a challenge can stretch their learning - 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</p> <p>Healthy Me What are healthy choices? Progression of Skills: - Know the difference between being healthy and unhealthy - Know some ways to keep healthy - Know how to make healthy lifestyle choices - Know how to keep themselves clean and healthy - Know that germs cause disease / illness - 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 about people who can keep them safe</p> <p>Skills from Jigsaw:</p>	<p>Relationships Why is my school community special? Progression of Skills: - Know that everyone's family is different - Know that there are lots of different types of families - Know that families are founded on belonging, love and care - Know how to make a friend - Know the characteristics of healthy and safe friends - Know that physical contact can be used as a greeting - Know about the different people in the school community and how they help - Know who to ask for help in the school community</p> <p>Changing Me How have I changed? Progression of Skills: - 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 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</p>



	<ul style="list-style-type: none"> - Recognise feelings associated with positive and negative consequences - Understand that they have choices - Recognise ways in which they are the same as their friends and ways they are different - Identify what is bullying and what isn't - Understand how being bullied might feel - Know ways to help a person who is being bullied - Identify emotions associated with making a new friend - Verbalise some of the attributes that make them unique and special 	<ul style="list-style-type: none"> - Recognise things that they do well - Explain how they learn best - Celebrate an achievement with a friend - Recognise their own feelings when faced with a challenge - Recognise their own feelings when they are faced with an obstacle - Recognise how they feel when they overcome an obstacle - Can store feelings of success so that they can be used in the future - Feel good about themselves when they make healthy choices - Realise that they are special - Keep themselves safe - Recognise ways to look after themselves if they feel poorly - Recognise when they feel frightened and know how to ask for help - Recognise how being healthy helps them to feel happy 	<ul style="list-style-type: none"> - Know that learning brings about change <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Can express how it feels to be part of a family and to care for family members - Can say what being a good friend means - Can show skills of friendship - Can identify forms of physical contact they prefer - Can say no when they receive a touch they don't like - Can praise themselves and others - Can recognise some of their personal qualities - Can say why they appreciate a special relationship <p>Understand and accepts that change is a natural part of getting older</p> <ul style="list-style-type: none"> - Can identify some things that have changed and some things that have stayed the same since being a baby (including the body) - Can express why they enjoy learning - Can suggest ways to manage change e.g. moving to a new class
<p>Year 3 and 4 Cycle A Jigsaw Jaz</p>	<p>Being Me in My World How do teams work? Progression of Skills: - Know how individual attitudes and actions make a difference to a class</p>	<p>Dreams and Goals How can I cope when my dreams aren't accomplished? Progression of Skills: - Know what their own hopes and dreams are - Know that hopes and dreams don't always come true</p>	<p>Relationships How can I cope with changing relationships? Progression of Skills: - Know some reasons why people feel jealousy - Know that jealousy can be damaging to relationships</p>



	<ul style="list-style-type: none"> - Know about the different roles in the school community - Know their place in the school community - Know what democracy is (applied to pupil voice in school) - Know that their own actions affect themselves and others - Know how groups work together to reach a consensus - Know that having a voice and democracy benefits the school community <p>Celebrating Difference</p> <p>What can I do about bullying?</p> <p>Progression of Skills:</p> <ul style="list-style-type: none"> - 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 that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying - Know what to do if they think bullying is, or might be taking place - Know the reasons why witnesses sometimes join in with bullying and don't tell anyone - Know that first impressions can change <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Identify the feelings associated with being included or excluded - Can make others feel valued and included - Be able to take on a role in a group discussion / task and contribute to the overall outcome - Can make others feel cared for and welcomed - Recognise the feelings of being motivated or unmotivated 	<ul style="list-style-type: none"> - Know that reflecting on positive and happy experiences can help them to counteract disappointment - Know how to make a new plan and set new goals even if they have been disappointed - Know how to work out the steps they need to take to achieve a goal - Know how to work as part of a successful group - Know how to share in the success of a group <p>Healthy Me</p> <p>How do people make me feel?</p> <p>Progression of Skills:</p> <ul style="list-style-type: none"> - Know how different friendship groups are formed and how they fit into them - Know which friends they value most - Know that there are leaders and followers in groups - Know that they can take on different roles according to the situation - Know the facts about smoking and its effects on health - Know some of the reasons some people start to smoke - Know the facts about alcohol and its effects on health, particularly the liver - Know some of the reasons some people drink alcohol - Know ways to resist when people are putting pressure on them - Know what they think is right and wrong <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Can talk about their hopes and dreams and the feelings associated with these - Can identify the feeling of disappointment - Can identify a time when they have felt disappointed - Be able to cope with disappointment - Help others to cope with disappointment 	<ul style="list-style-type: none"> - Know that loss is a normal part of relationships - Know that negative feelings are a normal part of loss - Know that memories can support us when we lose a special person or animal - Know that change is a natural part of relationships/ friendship - Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe <p>Changing Me</p> <p>How will my body change during puberty?</p> <p>Progression of Skills:</p> <ul style="list-style-type: none"> - 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 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 that change can bring about a range of different emotions <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Can identify feelings and emotions that accompany jealousy - Can suggest positive strategies for managing jealousy
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	<ul style="list-style-type: none"> - Understand why the school community benefits from a Learning Charter - Be able to help friends make positive choices - Know how to regulate my emotions - Try to accept people for who they are - Identify influences that have made them think or feel positively/negatively about a situation - Identify feelings that a bystander might feel in a bullying situation - Identify reasons why a bystander might join in with bullying - Revisit the 'Solve it together' technique to practise conflict and bullying scenarios - Identify their own uniqueness - Be comfortable with the way they look - Identify when a first impression they had was right or wrong - Be non-judgemental about others who are different 	<ul style="list-style-type: none"> - Can identify what resilience is - Have a positive attitude - Enjoy being part of a group challenge - Can share their success with others - Can store feelings of success (in their internal treasure chest) to be used at another time - Can identify the feelings that they have about their friends and different friendship groups - Recognise how different people and groups they interact with impact on them - Identify which people they most want to be friends with - Recognise negative feelings in peer pressure situations - Can identify the feelings of anxiety and fear associated with peer pressure - Can tap into their inner strength and know how to be assertive 	<ul style="list-style-type: none"> - Can identify people who are special to them and express why - Can identify the feelings and emotions that accompany loss - Can suggest strategies for managing loss - Can tell you about someone they no longer see - Can suggest ways to manage relationship changes including how to negotiate - Can appreciate their own uniqueness and that of others - Can express how they feel about having children when they are grown up - Can express any concerns they have about puberty - Can say who they can talk to about puberty if they are worried - Can apply the circle of change model to themselves to have strategies for managing change - Have strategies for managing the emotions relating to change
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	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
Year 3 and 4 Cycle B Jigsaw Jino	<p>Being Me in My World What is my greatest achievement? Progression of Skills: - Understand that they are important - Know what a personal goal is - Understanding what a challenge is - Know why rules are needed and how these relate to choices and consequences - Know that actions can affect others' feelings - Know that others may hold different views - Know that the school has a shared set of values</p> <p>Celebrating Difference How can I resolve conflicts? Progression of Skills: - 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 conflict is a normal part of relationships</p>	<p>Dreams and Goals How can I overcome challenges? Progression of Skills: - Know about specific people who have overcome difficult challenges to achieve success - Know what dreams and ambitions are important to them - Know how they can best overcome learning challenges - Know that they are responsible for their own learning - Know what their own strengths are as a learner - Know what an obstacle is and how they can hinder achievement - Know how to take steps to overcome obstacles - Know how to evaluate their own learning progress and identify how it can be better next time</p> <p>Healthy Me Why do I need to exercise? Progression of Skills: - Know how exercise affects their bodies - Know why their hearts and lungs are such important organs - Know that the amount of calories, fat and sugar that they put into their bodies will affect their health</p>	<p>Relationships What makes stereotypes unfair? Progression of Skills: - Know that different family members carry out different roles or have different responsibilities within the family - Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc - Know some of the skills of friendship, e.g. taking turns, being a good listener - Know some strategies for keeping themselves safe online - Know how some of the actions and work of people around the world help and influence my life - Know that they and all children have rights (UNCRC) - Know the lives of children around the world can be different from their own</p> <p>Changing Me What is puberty? Progression of Skills:</p>



	<ul style="list-style-type: none"> - 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 some words are used in hurtful ways and that this can have consequences <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - 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 - Make other people feel valued - Develop compassion and empathy for others - Be able to work collaboratively - Be able to show appreciation for their families, parents and carers - Use the 'Solve it together' technique to calm and resolve conflicts with friends and family - Empathise with people who are bullied - Employ skills to support someone who is bullied - Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary - Be able to recognise, accept and give compliments - Recognise feelings associated with receiving a compliment 	<ul style="list-style-type: none"> - Know that there are different types of drugs - Know that there are things, places and people that can be dangerous - Know a range of strategies to keep themselves safe - Know when something feels safe or unsafe - Know that their bodies are complex and need taking care of <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Recognise other people's achievements in overcoming difficulties - Imagine how it will feel when they achieve their dream / ambition - Can break down a goal into small steps - Recognise how other people can help them to achieve their goals - Can manage feelings of frustration linked to facing obstacles - Can share their success with others - Can store feelings of success (in their internal treasure chest) to be used at another time - Able to set themselves a fitness challenge - Recognise what it feels like to make a healthy choice - Identify how they feel about drugs - Can express how being anxious or scared feels - Can take responsibility for keeping themselves and others safe - Respect their own bodies and appreciate what they do 	<ul style="list-style-type: none"> - 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 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 <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Can identify the responsibilities they have within their family - Can use Solve-it-together in a conflict scenario and find a win-win outcome - Know how to access help if they are concerned about anything on social media or the internet - Can empathise with people from other countries who may not have a fair job/ less fortunate - Understand that they are connected to the global community in many different ways - Can identify similarities in children's rights around the world - Can identify their own wants and needs and how these may be similar or different from other children in school and the global community - Can express how they feel about babies
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<p>Year 5 and 6 Cycle A Jigsaw Jem</p>	<p>Being Me in My World Why are children's rights not met in every country? Progression of Skills: - Know how to set goals for the year ahead - Understand what fears and worries are - Know about children's universal rights (United Nations Convention on the Rights of the Child) - Know about the lives of children in other parts of the world - Know that personal choices can affect others locally and globally - Understand that their own choices result in different consequences and rewards - Understand how democracy and having a voice benefits the school community - Understand how to contribute towards the democratic process</p> <p>Celebrating Difference Why is it important to celebrate our differences? Progression of Skills:</p>	<p>Dreams and Goals How can I remain motivated? Progression of Skills: - Know their own learning strengths - Know how to set realistic and challenging goals - Know what the learning steps are they need to take to achieve their goal - Know a variety of problems that the world is facing - Know how to work with other people to make the world a better place - Know some ways in which they could work with others to make the world a better place - Know what their classmates like and admire about them</p> <p>Healthy Me How do drugs effect the human body? Progression of Skills: - Know how to take responsibility for their own health - 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 some people can be exploited and made to do things that are against the law</p>	<p>Relationships How can I care for my mental health? Progression of Skills: - 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</p> <p>Changing Me Why is mutual respect important? Progression of Skills: - Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p>



	<ul style="list-style-type: none"> - Know that there are different perceptions of 'being normal' and where these might come from - Know that being different could affect someone's life - Know that power can play a part in a bullying or conflict situation - Know that people can hold power over others individually or in a group - Know why some people choose to bully others - Know that people with disabilities can lead amazing lives - Know that difference can be a source of celebration as well as conflict <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Be able to make others feel welcomed and valued - 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 - Empathise with people who are different and be aware of my own feelings towards them - Identify feelings associated with being excluded • Be able to recognise when someone is exerting power negatively in a relationship - Use a range of strategies when involved in a bullying situation or in situations where difference is a source of conflict - Identify different feelings of the bully, bullied and bystanders in a bullying scenario 	<ul style="list-style-type: none"> - Know why some people join gangs and the risk that this can involve - Know what it means to be emotionally well - Know that stress can be triggered by a range of things - Know that being stressed can cause drug and alcohol misuse <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Understand why it is important to stretch the boundaries of their current learning - Set success criteria so that they know when they have achieved their goal - Recognise the emotions they experience when they consider people in the world who are suffering or living in difficult circumstances - Empathise with people who are suffering or living in difficult situations - Be able to give praise and compliments to other people when they recognise that person's achievements - Are motivated to care for their own physical and emotional health - Are motivated to find ways to be happy and cope with life's situations without using drugs - Identify ways that someone who is being exploited could help themselves - Suggest strategies someone could use to avoid being pressured - Recognise that people have different attitudes towards mental health / illness - Can use different strategies to manage stress and pressure 	<ul style="list-style-type: none"> - 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 <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Recognise that people can get problems with their mental health and that it is nothing to be ashamed of - Can help themselves and others when worried about a mental health problem - Recognise when they are feeling grief and have strategies to manage them - Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control - Can resist pressure to do something online that might hurt themselves or others - Can take responsibility for their own safety and well-being - Recognise ways they can develop their own self-esteem - Can express how they feel about the changes that will happen to them during puberty - Recognise how they feel when they reflect on the development and birth of a baby - Understand that mutual respect is essential in a boyfriend / girlfriend relationship and that they
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	<ul style="list-style-type: none"> - Be able to vocalise their thoughts and feelings about prejudice and discrimination and why it happens - Appreciate people for who they are - Show empathy 		<ul style="list-style-type: none"> shouldn't feel pressured into doing something that they don't want to - Can celebrate what they like about their own and others' self- image and body-image - Use strategies to prepare themselves emotionally for the transition (changes) to secondary school
<p>Year 5 and 6 Cycle B Jigsaw Jez</p>	<p>Being Me in My World How does a democracy work? Progression of Skills:</p> <ul style="list-style-type: none"> - Know how to face new challenges positively - Understand how to set personal goals - Understand the rights and responsibilities associated with being a citizen in the wider community and their country - Know how an individual's behaviour can affect a group and the consequences of this - Understand how democracy and having a voice benefits the school community - Understand how to contribute towards the democratic process <p>Celebrating Difference What is racism? Progression of Skills:</p> <ul style="list-style-type: none"> - Know what culture means - Know that differences in culture can sometimes be a source of conflict - Know what racism is and why it is unacceptable - Know that rumour spreading is a form of bullying on and offline - Know external forms of support in regard to bullying e.g. Childline - Know that bullying can be direct and indirect 	<p>Dreams and Goals How can money help me achieve my goals? Progression of Skills:</p> <ul style="list-style-type: none"> - Know that they will need money to help them to achieve some of their dreams - Know about a range of jobs that are carried out by people I know - Know that different jobs pay more money than others - 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 communicating with someone from a different culture means that they can learn from them and vice versa - Know ways that they can support young people in their own culture and abroad <p>Healthy Me How does smoking effect human body? Progression of Skills:</p> <ul style="list-style-type: none"> - Know the health risks of smoking - Know how smoking tobacco affects the lungs, liver and heart - Know some of the risks linked to misusing alcohol, including antisocial behaviour - Know basic emergency procedures including the recovery position - Know how to get help in emergency situations - Know that the media, social media and celebrity culture promotes certain body types 	<p>Relationships How can I stay safe online? Progression of Skills:</p> <ul style="list-style-type: none"> - 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 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 <p>Changing Me How does my body-image impact my self-esteem? Progression of Skills:</p> <ul style="list-style-type: none"> - 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 that sexual intercourse can lead to conception - Know that some people need help to conceive and might use IVF



	<p>- Know how their life is different from the lives of children in the developing world</p> <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Be able to identify what they value most about school - Identify hopes for the school year - 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 - Understand why the school community benefits from a Learning Charter - Be able to help friends make positive choices - Know how to regulate my emotions - Identify their own culture and different cultures within their class community - Identify their own attitudes about people from different faith and cultural backgrounds - Identify a range of strategies for managing their own feelings in bullying situations - Identify some strategies to encourage children who use bullying behaviours to make other choices - Be able to support children who are being bullied - Appreciate the value of happiness regardless of material wealth - Develop respect for cultures different from their own 	<p>- 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</p> <p>- Know what makes a healthy lifestyle</p> <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Verbalise what they would like their life to be like when they are grown up - Appreciate the contributions made by people in different jobs - Appreciate the opportunities learning and education can give them - Reflect on the differences between their own learning goals and those of someone from a different culture - Appreciate the differences between themselves and someone from a different culture - Understand why they are motivated to make a positive contribution to supporting others - Can make informed decisions about whether or not they choose to smoke when they are older - Can make informed decisions about whether they choose to drink alcohol when they are older - Recognise strategies for resisting pressure - Can identify ways to keep themselves calm in an emergency - Can reflect on their own body image and know how important it is that this is positive - Accept and respect themselves for who they are - Respect and value their own bodies - Be motivated to keep themselves healthy and happy 	<p>- Know that becoming a teenager involves various changes and also brings growing responsibility</p> <p>Skills from Jigsaw:</p> <ul style="list-style-type: none"> - Can suggest strategies for building self-esteem of themselves and others - Can identify when an online community / social media group feels risky, uncomfortable, or unsafe - Can suggest strategies for staying safe online/ social media - Can say how to report unsafe online / social network activity - Can identify when an online game is safe or unsafe - Can suggest ways to monitor and reduce screen time - Can suggest strategies for managing unhelpful pressures online or in social network - Can celebrate what they like about their own and others’ self- image and body-image - Can suggest ways to boost self-esteem of self and others - Recognise that puberty is a natural process that happens to everybody and that it will be OK for them - Can ask questions about puberty to seek clarification - Can express how they feel about having a romantic relationship when they are an adult - Can express how they feel about having children when they are an adult - Can express how they feel about becoming a teenager - Can say who they can talk to if concerned about puberty or becoming a teenager/adult
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