

PSHE: Progression of Learning (based on Jigsaw mindful approach to PSHE)

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	Self-identity Who Me?	Feeling special and safe Special and Safe.	Hopes and Fears for the Year	Setting personal goals Getting to Know Each Other	Being part of a class team Becoming a Class Team	Planning the forthcoming year My Year Ahead	Identifying goals for the year My Year Ahead
	Understanding feelings How Am I Feeling Today?	My Class Being part of a class	Rights and Responsibilities	Self-identity and worth Our Nightmare School	Being a School Citizen	Being a citizen Being a Citizen of my Country	Global citizenship Being a Global Citizen
	Being in a classroom Being at School	Rights and Responsibilities	Rewards and Consequences	Our Nightmare School	Rights, Responsibilities and Democracy (school council)	Rights and responsibilities Responsibilities	Children's universal rights Being a Global Citizen 2
	Being gentle Gentle Hands	Rewards and Feeling Proud	Safe and fair learning environment Rewards and Consequences	Positivity in challenges Our Dream School	Rewards and consequences	Rewards and consequences	Feeling welcome and valued The Learning Charter
	Rights and responsibilities Our Responsibilities	Rewards and Consequences	Valuing contributions Our Learning Charter	Rules, rights and responsibilities Rewards and consequences	Group-decision making Our Learning Charter	How behaviour affects groups Our Learning Charter	Choices, consequences and rewards Group dynamics Democracy, having a voice Our Learning Charter
		Owning the learning charter Owning Our Learning Charter	Choices Recognising feelings Owning Our Learning Charter	Responsible choices Seeing things from others' perspectives Our Learning Charter	Having a voice What motivates behaviour Owning Our Learning Charter	Democracy, having a voice, participating Owning Our Learning Charter	Anti-social behaviour Role-modelling

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							Owning Our Learning Charter
Celebrating Differences	Families Where we live Houses and Homes Making friends Standing up for yourself	Similarities and differences The Same As... Making New Friends Celebrating the differences in everyone Celebrating Difference Celebrating Me	Assumptions and stereotypes about gender Boys and Girls Understanding bullying Why Does Bullying Happen? Standing up for self and others Standing Up for Myself and Others Gender diversity Making new friends Celebrating Difference and Still Being Friends	Families and their differences Giving and receiving compliments	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding Bullying Problem-solving First impressions Celebrating Difference – How We Look	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	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy
Dreams and Goals	Challenges Overcoming obstacles Never Giving Up Perseverance Goal-setting	Setting goals Steps to Goals Identifying successes and achievements My Treasure Chest of Success	Achieving realistic goals Dreams and Goals Perseverance Learning strengths My Learning Strengths	Difficult challenges and achieving success Dreams and Goals Dreams and ambitions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams	Future dreams When I grow up. The importance of money Jobs and careers Dream jobs	Personal learning goals, in and out of school Personal learning goals Success criteria Steps to success

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	<p>Setting a Goal</p> <p>Seeking help</p> <p>Obstacles and Support</p> <p>Jobs</p> <p>Flight to the Future</p> <p>Achieving goals</p>	<p>Learning styles</p> <p>Working well and celebrating achievement with a partner</p> <p>Achieving Together</p> <p>Tackling new challenges</p> <p>Identifying and overcoming obstacles</p> <p>Overcoming Obstacles</p> <p>Feelings of success</p> <p>Celebrating my Success</p>	<p>Learning with others</p> <p>Group co-operation</p> <p>A Group Challenge</p> <p>Contributing to and sharing success</p> <p>Celebrating Our Achievement</p>	<p>My Dreams and Ambitions</p> <p>New challenges</p> <p>A New Challenge</p> <p>Recognising and trying to overcome obstacles</p> <p>Overcoming Disappointment</p> <p>Evaluating learning processes</p> <p>Managing feelings</p> <p>Achieving Goals</p> <p>Motivation and Enthusiasm</p> <p>We Did It</p>	<p>Creating New Dreams</p> <p>Achieving goals</p> <p>Working in a group</p> <p>Celebrating contributions</p> <p>Resilience</p> <p>Positive attitudes</p> <p>We did it.</p>	<p>Dream job and how to get there</p> <p>Goals in different cultures</p> <p>Dreams and goals of young people in other cultures.</p> <p>Supporting others (charity)</p> <p>How can we support each other?</p> <p>Motivation</p> <p>Rallying support</p>	<p>Emotions in success</p> <p>My dreams for the world</p> <p>Making a difference in the world</p> <p>Helping to make a difference.</p> <p>Motivation</p> <p>Recognising achievements</p> <p>Helping to make a difference 2</p> <p>Compliments</p> <p>Recognising our achievements</p>
Healthy Me	<p>Exercising bodies</p> <p>Everybody's body</p> <p>Physical activity</p> <p>We like to move it move it</p> <p>Healthy food</p> <p>Food glorious food</p> <p>Keeping clean</p>	<p>Keeping myself healthy</p> <p>Being Healthy</p> <p>Healthier lifestyle choices</p> <p>Healthy choices</p> <p>Keeping clean</p> <p>Clean and Healthy</p>	<p>Motivation</p> <p>Being Healthy</p> <p>Relaxation</p> <p>Being relaxed</p> <p>Healthier snacks and sharing food</p> <p>Healthy eating</p>	<p>Exercise</p> <p>Fitness Challenge</p> <p>Being Fit and Healthy</p> <p>Food labelling and healthy swaps</p> <p>Being Fit and Healthy 2</p>	<p>Healthier friendships</p> <p>My Friends and Me</p> <p>Group Dynamics</p> <p>Smoking</p> <p>Alcohol</p> <p>Peer Pressure</p> <p>Healthy Friendships</p>	<p>Alcohol and anti-social behaviour</p> <p>Alcohol</p> <p>Relationships with food</p> <p>My Relationship With Food</p> <p>Motivation and behaviour</p>	<p>Taking personal responsibility</p> <p>Taking Responsibility for my Health and Wellbeing</p> <p>How substances affect the body</p> <p>Drugs</p>

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	<p>Safety Stranger danger</p>	<p>Being safe Medicine safety/safety with household items Medicine safety</p> <p>Road safety</p> <p>Linking health and happiness Happy healthy me</p>		<p>Respect for myself and others Being Safe</p> <p>Healthy and safe choices Safe of Unsafe?</p>	<p>Celebrating inner strength Assertiveness Celebrating My Inner Strength and Assertiveness</p>	<p>Healthy Me</p>	<p>Exploitation, including 'county lines' and gang culture Exploitation Gang Culture</p> <p>Emotional and mental health</p> <p>Managing stress</p>
Relationships	<p>Family life My Family and Me</p> <p>Friendships Make Friends Make Friends Never Ever Break Friends</p> <p>Breaking Friendships Make Friends Make Friends Never Ever Break Friends 2</p> <p>Falling out Falling out and Dealing With Bullying Part 1</p>	<p>Being a good friend to myself Being My Own Best Friend</p>	<p>Different types of family Families</p> <p>Physical contact boundaries Exploring Physical Contact</p> <p>Secrets</p> <p>Expressing appreciation for special relationships Celebrating My Special Relationships</p>	<p>Family roles and responsibilities Family Roles and Responsibilities</p> <p>Friendship and negotiation Relationships</p> <p>Being a global citizen</p> <p>Being aware of how my choices affect others Being a Global Citizen 2</p> <p>Awareness of how other children have</p>	<p>Jealousy</p> <p>Love and loss</p> <p>Memories of loved ones Memories</p> <p>Getting on and Falling Out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation to people and animals Celebrating My Relationships With People and Animals</p>	<p>Rights and responsibilities online Being in an Online Community</p> <p>Online gaming and gambling Online Gaming</p> <p>Reducing screen time My Relationship with Technology – Screen Time</p> <p>Dangers of online grooming SMARRT internet safety rules</p>	<p>Mental health What is Mental Health?</p> <p>Identifying mental health worries and sources of support My Mental Health</p> <p>Love and loss</p> <p>Managing feelings</p> <p>Power and control</p> <p>Assertiveness Technology safety Being Online – Real of Fake? Safe or Unsafe?</p>

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	<p>Dealing with bullying Falling Out and Dealing with Bullying Part 2</p> <p>Being a good friend Being the Best Friends We Can Be</p>			<p>different lives Expressing appreciation for family and friends Celebrating My Web of Relationships</p>		<p>My Relationship with Technology – Staying Safe and Healthy Online.</p>	<p>Take responsibility with technology use</p>
<p>Changing Me</p>	<p>Content delivered using the Ten:Ten resources. Please see https://www.ololbararnetschool.org.uk/docs/Progression_of_Skills/Relationships_Overview.pdf</p>	<p>Content delivered using the Ten:Ten resources. Please see https://www.ololbararnetschool.org.uk/docs/Progression_of_Skills/Relationships_Overview.pdf</p>	<p>Content delivered using the Ten:Ten resources. Please see https://www.ololbararnetschool.org.uk/docs/Progression_of_Skills/Relationships_Overview.pdf</p>	<p>Content delivered using the Ten:Ten resources. Please see https://www.ololbararnetschool.org.uk/docs/Progression_of_Skills/Relationships_Overview.pdf</p>	<p>Content delivered using the Ten:Ten resources. Please see https://www.ololbararnetschool.org.uk/docs/Progression_of_Skills/Relationships_Overview.pdf</p>	<p>Content delivered using the Ten:Ten resources. Please see https://www.ololbararnetschool.org.uk/docs/Progression_of_Skills/Relationships_Overview.pdf</p>	<p>Majority of this topic is delivered using the Ten:Ten resources. Please see https://www.ololbararnetschool.org.uk/docs/Progression_of_Skills/Relationships_Overview.pdf</p> <p>Sexting Boyfriends and Girlfriends https://jigsawpshe.online/materials/pshe-primary/ages-10-11/changing-me/4-boyfriends-and-girlfriends/</p>