

RSHE/ PSHE Progression of Skills following the Jigsaw Scheme

EYFS	
Being Me in My World	Celebrating Difference
<ul style="list-style-type: none"> • Help other to feel welcome. • Making our school a safer place. • Thinking about our right to learn. • Caring for others. • Working well with others. 	<ul style="list-style-type: none"> • Accept that we are all different. • Include others when working and playing. • Know how to help other people. • Try to solve problems. • Use kind words. • Give and receive compliments.
Dreams and Goals	Healthy Me
<ul style="list-style-type: none"> • Stay motivated when doing something challenging. • Keep trying even when things are tricky. • Work well with a partner or a Group. • Have a positive Attitude. 	<ul style="list-style-type: none"> • Help others to make healthy choices. • Eat a balance diet. • Be physically active. • Try to keep themselves and others safe. • Know how to be a good friend and have a healthy relationship. • Keep calm and deal with tricky situations
Relationships	Changing Me
<ul style="list-style-type: none"> • Know how to make friends. • Try to solve friendship problems when they occur. • Help others feel part of a group. • Show respect when dealing with other people. • Know how to help themselves and others when they feel upset. • Know and show what makes a good friendship. 	<ul style="list-style-type: none"> • Understand that everyone is unique and special. • Can express how they feel when they are happy. • Understand and respect changes which happen in them. • Look forward to change.

Year 1

Being Me in My World

- Explain why my class is a happy and safe place to learn.
- Give different examples of where I or others make my class safe and happy place.

Celebrating Difference

- Tell you someways that I am different and similar to other people in my class, and why this makes us all special.
- Explain what bullying is and how being bullied might make somebody feel.

Dreams and Goals

- Explain how I feel when I am successful and how this can be celebrated positively.
- Say why my Internal treasure chest is an important place to store positive feelings

Healthy Me

- Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.
- Give examples of when being healthy can help me feel happy.

Relationships

- 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.
- Give examples of behaviour in other people that I appreciate and behaviours that I don't like

Changing Me

- 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.
- Explain why some changes I might experience might feel better than others.

Year 2

Being Me in My World

- Explain why my behaviour can impact others in my class.
- Explain my own and other's choices and say why some choices are better than others.

Celebrating Difference

- Explain that sometimes people get bullied because
- they are seen to be different; this might include people who do not conform to gender stereotypes.
- 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.

Dreams and Goals

- Explain how I played my part in a group and the parts other people played to create an endproduct.
- I can explain how our skills complemented each other.
- Explain how it felt to be part of a group and can identify a range of feelings about group work.)

Healthy Me

- Explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.
- Compare my own and my friends' choices and can express how it feels to make healthy and safe choices.

Relationships

- Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.
- Give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.

Changing Me

- 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.
- 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.

Year 3

Being Me in My World

- Explain how my behaviour can affect how others feel and behave.
- Say why it is important to have rules and how it helps me and others to learn.

Celebrating Difference

- 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.
- 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.

Dreams and Goals

- Explain the different ways that help me learn and what I need to do to improve.
- 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

Healthy Me

- 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.
- Express how being anxious/ scared and unwell feels.

Relationships

- Explain how my life is influenced positively by people I know and also by people from other countries.
- Explain why my choices might affect my family, friendships and people around the world who I don't know.

Changing Me

- 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.
- Recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.

Year 4

Being Me in My World

- Explain why being listened to and listening to others is important.
- Explain why being democratic is important and helps others to feel valued.

Celebrating Difference

- 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.
- Explain why it is good to accept myself and others for who we are.

Dreams and Goals

- Plan and set new goals even after a disappointment
- Explain what it means to be resilient and to have a positive attitude.

Healthy Me

- Recognise when people are putting me under pressure and can explain ways to resist this when I want to.
- Identify feelings of anxiety and fear associated with peer pressure.

Relationships

- Recognise how people are feeling when they miss a special person or animal.
- Give ways that might help me manage my feelings when missing a special person or animal.

Changing Me

- Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.
- 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.

Year 5

Being Me in My World

- Compare my life with other people around the UK and explain why we have rights, responsibilities and rules to make both school and the wider community a fair place.
- Explain how actions of one person can affect another person.

Celebrating Difference

- 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.
- Explain why racism and other forms of discrimination are unkind.
- I can express how I feel about discriminatory behaviour.

Dreams and Goals

- Compare my hopes and dreams with those of young people from different cultures.
- Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.

Healthy Me

- 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.
- Summarise different ways that I respect and value my body.

Relationships

- 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.
- 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.

Changing Me

- 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.
- 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.

Year 6

Being Me in My World

- Explain how my choices impact the local community and the wider world.
- Empathise with other people in the local and wider community and think about how this changes my actions.

Celebrating Difference

- Explain ways in which difference can be a source of conflict or a cause for celebration.
- Show empathy with people in situations where their difference is a source of conflict or a cause for celebration.

Dreams and Goals

- Explain different ways to work with others to help make the world a better place.
- Explain what motivates me to make the world a better place.

Healthy Me

- Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.
- Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.

Relationships

- Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.
- 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.

Changing Me

- Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
- Recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.

