

## PSHE Jigsaw Year 1

Number of Lessons	Lesson Outcome/ Key Knowledge	Key Vocabulary	Assessment
<p><b><u>IN 1</u></b></p> <p><b>Piece 1: Me in My World</b></p> <p>ns</p>	<p><b><u>Lesson One</u></b>  <u>Our Learning Charter</u>  <u>Special and Safe</u></p> <p>Know how to use my Jigsaw Journal.            Feel special and safe in my class</p>	<p><b><u>Lesson One</u></b></p> <p>Safe            Special            Calm</p>	<p>Self-assessment using the document with 'I can' statements at the end of each Unit</p> <p>'I can' statements to encourage outcomes from throughout unit</p> <p>Teacher comments can be added to these documents.</p> <p>Knowledge assessment:</p>
	<p><b><u>Lesson Two</u></b>  <u>Our Learning Charter</u>  <u>My Class</u></p> <p>Understand the rights and responsibilities as a member of my class.            Know that I belong to my class.</p>	<p><b><u>Lesson Two</u></b></p> <p>Belonging            Special            Rights            Responsibilities</p>	
	<p><b><u>Lesson Three</u></b>  <u>Our Learning Charter</u>  <u>Rights and Responsibilities</u></p> <p>Understand the rights and responsibilities of being a member of my class.            Know how to make my class a safe place for everybody to learn.</p>	<p><b><u>Lesson Three</u></b></p> <p>Rights            Responsibilities            Learning Charter</p>	

	<p><b><u>Lesson Four</u></b>  <u>Our Learning Charter</u>  <u>Rewards and Feeling Proud</u></p> <p>Know my views are valued and can contribute to the Learning Charter.  Recognise how it feels to be proud of an achievement.</p>	<p><b><u>Lesson Four</u></b></p> <p>Proud  Learning Charter  Rights  Responsibilities</p>	
	<p><b><u>Lesson Five</u></b>  <u>Our Learning Charter</u>  <u>Our Learning Charter</u></p> <p>Recognise the choices I make and understand the consequences.  Recognise the range of feelings when I face certain consequences.</p>	<p><b><u>Lesson Five</u></b></p> <p>Upset  Rights  Responsibilities  Consequences  Learning Charter  Disappointed</p>	
	<p><b><u>Lesson Six</u></b>  <u>Our Learning Charter</u>  <u>Owning our Learning Charter</u></p> <p>Understand my rights and responsibilities within our Learning Charter.  Understand my choices in following the Learning Charter.</p>	<p><b><u>Lesson Six</u></b></p> <p>Learning Charter  Illustrations  Rewards  Consequences  Rights  Responsibilities</p>	
<p><b><u>ntive Knowledge</u></b></p> <p>To know what an achievement is and why we can feel proud about these.  To know the school rules and why we have these in place.  To understand the school's behaviour policy and what rewards and sanctions are in place.  To know that everything I do is a choice I make.  To understand we are all in school to learn and have the right to be safe and happy and respect one another.</p>	<p><b><u>Procedural Knowledge</u></b></p> <p>- To know what it means to feel special and what keep and feeling safe mean and how to achieve this.</p>		

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<p><b>Unit 2</b></p> <p><b>Piece 2:</b></p> <p><b>Being Different</b></p> <p>is</p>	<p><b><u>Lesson One</u></b>  <u>Hall of Fame</u>  <u>The Same as...</u></p> <p>Identify similarities between people in my class.  Tell you some ways in which I am the same as my friends.</p>	<p><b><u>Lesson One</u></b></p> <p>Similarity/Similar  Same as</p>	<p>Self-assessment using the document with 'I can' statements at the end of each Unit</p> <p>'I can' statements to encourage outcomes from throughout unit</p> <p>Teacher comments can be added to these documents</p>
	<p><b><u>Lesson Two</u></b>  <u>Hall of Fame</u>  <u>Different from...</u></p> <p>Identify differences between people in my class.  Tell you some ways I am different from my friends.</p>	<p><b><u>Lesson Two</u></b></p> <p>Different from  Difference  Similarity</p>	
	<p><b><u>Lesson Three</u></b>  <u>Hall of Fame</u>  <u>What is 'bullying'?</u></p> <p>Tell you what bullying is.  Understand how being bullied might feel.</p>	<p><b><u>Lesson Three</u></b></p> <p>Bullying  Bullying  Behaviour  Deliberate  On purpose  Unfair</p>	
	<p><b><u>Lesson Four</u></b>  <u>Hall of Fame</u></p>	<p><b><u>Lesson Four</u></b></p>	

<p><u>What do I do about bullying?</u></p> <p>Know some people who I could talk to if I was feeling unhappy or being bullied. Be kind to children who are bullied</p>	<p>Included Bully Bullied</p>	
<p><b><u>Lesson Five</u></b> <u>Hall of Fame</u> <u>Making New Friends</u></p> <p>Know how to make new friends. Know how it feels to make a new friend.</p>	<p><b><u>Lesson Five</u></b> Friends</p>	
<p><b><u>Lesson Six</u></b> <u>Hall of Fame</u> <u>Kites</u></p> <p>Tell you some ways I am different from my friends. Understand these differences make us all special and unique.</p>	<p><b><u>Lesson Six</u></b> Celebration Special Unique Different</p>	
<p><b><u>Content Knowledge</u></b></p> <p>To know that similar means the same as and different means things that are not the same. To know that a bully is somebody who deliberately hurts or upsets somebody repeatedly over time and how this can make people feel. To know that a friend is somebody you can trust and who will be kind to you. To know that being unique is special and important and that we are all different in some ways but should still be treated kindly.</p>	<p><b><u>Procedural Knowledge</u></b></p> <ul style="list-style-type: none"> <li>- To know how to be kind to others and to make people happy.</li> </ul>	

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<p><b>1</b></p> <p><b>Piece 3: and Goals</b></p> <p>is</p>	<p><b><u>Lesson One</u></b>  <u>Our Garden of Dreams and Goals</u>  <u>My Treasure Chest of Success</u></p> <p>Set simple goals.  Tell you about the things I do well.</p>	<p><b><u>Lesson One</u></b></p> <p>Proud  Success  Achievement  Goal  Treasure  Coins</p>	<p>Self-assessment using the document with 'I can' statements at the end of each Unit</p> <p>'I can' statements to encourage outcomes from throughout unit</p> <p>Teacher comments can be added to these documents</p>
	<p><b><u>Lesson Two</u></b>  <u>Our Garden of Dreams and Goals</u>  <u>Steps to Goals</u></p> <p>Set a goal and work out how to achieve it.  Tell you how I learn best.</p>	<p><b><u>Lesson Two</u></b></p> <p>Goal  Learning  Stepping stones  Process  Garden  Dreams</p>	
	<p><b><u>Lesson Three</u></b>  <u>Our Garden of Dreams and Goals</u>  <u>Achieving Together</u></p> <p>Understand how to work well with a partner.  Celebrate achievement with my partner.</p>	<p><b><u>Lesson Three</u></b></p> <p>Working together  Team work  Achievement  Celebrate</p>	
	<p><b><u>Lesson Four</u></b>  <u>Our Garden of Dreams and Goals</u>  <u>Our New Challenge</u>  Tackle a new challenge and understand this might stretch my learning.  Identify how I feel when I am faced with a new challenge.</p>	<p><b><u>Lesson Four</u></b></p> <p>Challenge  Stretchy  Learning  Feelings</p>	
	<p><b><u>Lesson Five</u></b>  <u>Our Garden of Dreams and Goals</u></p>	<p><b><u>Lesson Five</u></b></p>	

	<p><u>Overcoming Obstacles</u></p> <p>Identify obstacles which make it more difficult to achieve my new challenge and work out how to overcome them. Know how I feel when I see obstacles and how I feel when I overcome them.</p>	<p>Challenge Obstacle Overcome Achieve Goal Stepping stones</p>	
	<p><u>Lesson Six</u> <u>Our Garden of Dreams and Goals</u> <u>Celebrating my Success</u></p> <p>Tell you how I felt when I succeeded in a new challenge and how I celebrated it. Know how to store the feelings of success in my internal treasure chest.</p>	<p><u>Lesson Six</u></p> <p>Success Celebration Challenge Internal treasure chest Feelings Goals Dreams Garden</p>	
<p><b><u>Declarative Knowledge</u></b></p> <p>To know that a goal is something I want to achieve and understand that small steps can be made to meet these over time. To understand that 'doing well' means seeing progress in anything that I do. To understand what helps me learn best - listening, visual images, playing, practical activities, sensory activities etc. To know that an obstacle is something that will make my achievements harder but can be overcome. To understand that when I achieve a new goal I can celebrate and feel happy and proud.</p>		<p><b><u>Procedural Knowledge</u></b></p> <ul style="list-style-type: none"> <li>- To know how to overcome an obstacle in my journey to achieving my goals.</li> </ul>	

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<p><b>2</b></p> <p><b>Piece 4: Me</b></p> <p>is</p>	<p><b><u>Lesson One</u></b>  <u>The Healthy, Happy Me Recipe Book</u>  <u>Being Healthy</u></p> <p>Understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.          Feel good about myself when I make healthy choices.</p>	<p><b><u>Lesson One</u></b></p> <p>Healthy          Unhealthy          Balanced          Exercise          Sleep</p>	<p>Self-assessment using the document with 'I can' statements at the end of each Unit</p> <p>'I can' statements to encourage outcomes from throughout unit</p> <p>Teacher comments can be added to these documents</p>
	<p><b><u>Lesson Two</u></b>  <u>The Healthy, Happy Me Recipe Book</u>  <u>Healthy Choices</u></p> <p>Know how to make healthy lifestyle choices.          Feel good about myself when I make healthy choices.</p>	<p><b><u>Lesson Two</u></b></p> <p>Healthy          Unhealthy          Balanced          Exercise          Sleep          Choices</p>	
	<p><b><u>Lesson Three</u></b>  <u>The Healthy, Happy Me Recipe Book</u>  <u>Clean and Healthy</u></p> <p>Know how to keep myself clean and healthy, and understand how germs cause disease/ illness.          Know that all household products including medicines can be harmful if not used properly.          Recognise that I am special so I keep myself safe.</p>	<p><b><u>Lesson Three</u></b></p> <p>Healthy          Clean          Body parts          Toiletry items, e.g. toothbrush, shampoo, soap          Hygienic          Safe</p>	
	<p><b><u>Lesson Four</u></b>  <u>The Healthy, Happy Me Recipe Book</u>  <u>Medicine Safety</u></p>	<p><b><u>Lesson Four</u></b></p> <p>Medicines          Healthy</p>	

	<p>Understand that medicines can help me if I feel poorly and I know how to use them safely. Know some ways to help myself when I feel poorly.</p>	<p>Unhealthy Trust Safe</p>	
	<p><b><u>Lesson Five</u></b> <u>The Healthy, Happy Me Recipe Book</u> <u>Road Safety</u></p> <p>Know how to keep safe when crossing the road, and about people who can help me to stay safe. Recognise when I feel frightened and know who to ask for help.</p>	<p><b><u>Lesson Five</u></b> Safe Safety Green Cross Code Eyes Ears Look Listen Wait</p>	
	<p><b><u>Lesson Six</u></b> <u>The Healthy, Happy Me Recipe Book</u> <u>My Amazing Body</u></p> <p>Tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. Recognise how being healthy helps me to feel happy.</p>	<p><b><u>Lesson Six</u></b> Keeping Clean Healthy</p>	
<p><b><u>Declarative Knowledge</u></b> To know that being healthy means having a body that is in good working order and makes us happy. To know that exercise helps to keep our body strong and healthy. To know that cleaning our hands, bodies, hair, teeth etc. keeps germs off of us to stop them harming us. To know that some medicines can help us feel better when we are not well and some medicines are dangerous and can hurt us.</p>	<p><b><u>Procedural Knowledge</u></b></p> <ul style="list-style-type: none"> <li>- To know how to effectively clean my hands.</li> <li>- To know how to eat healthily and exercise.</li> <li>- To know that when we are poorly we must rest and take medication or see a doctor if necessary.</li> </ul>		

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	Know who can help me in my school community. Know when I need help and know how to ask for it.	Community Feelings	
	<b><u>Lesson Five</u></b> <u>Our Relationships Fiesta</u> <u>Being my own Best Friend</u>  Recognise my qualities as a person and a friend. Know ways to praise myself.	<b><u>Lesson Five</u></b>  Confidence Praise Qualities Skills Self belief Incredible Proud	
	<b><u>Lesson Six</u></b> <u>Our Relationships Fiesta</u> <u>Celebrating my Special Relationships</u>  Tell you why I appreciate someone who is special to me. Express how I feel about them.	<b><u>Lesson Six</u></b>  Celebrate Relationships Special Appreciate Feelings	

**Key Knowledge**

- ↳ know that families can be very different: single parent, living with grandparents, social/foster care etc.
- ↳ know that a good friend is somebody who is kind, trusting and reliable and to appreciate this in others.
- ↳ know that all staff in school can help when they have a problem ie talking to a teacher when upset.
- ↳ understand that when they do something good it is okay to feel happy/proud about acts of kindness.

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<p><b>2</b></p> <p><b>iece 6:</b></p> <p><b>g Me</b></p> <p>is</p>	<p><b><u>Lesson One</u></b>  <u>Tree of Change</u>  <u>Lifecycles</u></p> <p>Start to understand the life cycles of animals and humans.  Understand that changes happen as we grow and that this is OK.</p>	<p><b><u>Lesson One</u></b></p> <p>Changes  Life Cycle  Baby  Adulthood</p>	<p>Self-assessment using th document with 'I can' stat at the end of each Unit</p> <p>'I can' statements to encc outcomes from throughou unit</p> <p>Teacher comments can b to these documents</p>
	<p><b><u>Lesson Two</u></b>  <u>Tree of Change</u>  <u>Changing Me</u></p> <p>Tell you some things about me that have changed and some things about me that have stayed the same.  Know that changes are OK and that sometimes they will happen whether I want them to or not.</p>	<p><b><u>Lesson Two</u></b></p> <p>Change  Life Cycle  Baby  Adult  Grown up</p>	
	<p><b><u>Lesson Three</u></b>  <u>Tree of Change</u>  <u>My Changing Body</u></p> <p>Know how my body has changed since I was a baby.  Understand that growing up is natural and that everybody grows at different rates.</p>	<p><b><u>Lesson Three</u></b></p> <p>Baby  Growing up  Adult  Mature  Change</p>	
	<p><b><u>Lesson Four</u></b>  <u>PANTS Lesson</u></p>	<p><b><u>Lesson Four</u></b></p>	
	<p><b><u>Lesson Five</u></b>  <u>Tree of Change</u>  <u>Learning and Growing</u></p>	<p><b><u>Lesson Five</u></b></p> <p>Learn  New</p>	

	Understand that every time I learn something new I change a little bit. Enjoy learning new things.	Grow Change	
	<b>Lesson Six</b> <u>Tree of Change</u> <u>Looking Ahead</u>  Tell you about changes that have happened in my life. Know some ways to cope with changes.	<b>Lesson Six</b>  Change Feelings Anxious Worried Excited Coping	

**Key Knowledge**

To know that we get bigger as we grow.

To understand that as we grow we learn more things such as being able to walk, talk, listen etc and that this is normal and natural for other animals.

To know the 'underwear rule' and that everything inside my underwear is private.

To understand that it is okay to worry about how our bodies change but to know that it is normal for everybody and to know that to speak to an adult if we are concerned.