

Progression of Knowledge and Understanding in PSHE (Jigsaw) (2022/23)

Year Group	Autumn 1 Being Me In My World	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Year 3	<p>I understand why rules are needed and how they relate to rights and responsibilities.</p> <p>I value myself and know how to make someone else feel valued and welcome.</p>	<p>I understand that everyone's family is different and sometimes families have conflict.</p> <p>I can give and receive compliments and know how this feels. I also recognise that some words are used in hurtful ways.</p> <p>I know what it means to be a witness to bullying.</p>	<p>I can identify a dream/ambition that is important to me.</p> <p>I can tell you about a person who has faced difficult challenges and achieved success.</p>	<p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.</p> <p>I understand how exercise affects my body and the importance of a healthy diet.</p>	<p>I know how to express my appreciation to my friends and family.</p> <p>I understand how my rights are shared by children around the world and can identify how our lives may be different.</p>	<p>I respect my body and understand which parts are private.</p> <p>I can use the correct names for these. (NSPCC PANTS rule)</p> <p>I can start to recognise stereotypical ideas I might have about family roles.</p> <p>I can tell you what I like/don't like about being a boy/girl.</p>
Year 4	<p>I understand how democracy and having a voice benefits the school community through the school council.</p> <p>I can take on a role in a group and contribute to the overall outcome.</p>	<p>I can identify what is special about me and value the ways in which I am unique</p> <p>I understand that, sometimes, we make assumptions based on what people look like</p> <p>I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure</p>	<p>I can tell you about some of my hopes and dreams.</p> <p>I understand that sometimes hopes and dreams do not come true and I know what it means to be resilient and to have a positive attitude.</p>	<p>I recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p>	<p>I can identify someone I love and can express why they are special to me.</p> <p>I can tell you about someone I know that I no longer see or a pet that has died.</p> <p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.</p>	<p>I can describe how boys' and girls' bodies change as they grow up, e.g. height.</p> <p>I understand that some of my personal characteristics have come from my birth parents.</p>
Year 5	<p>I understand my rights and responsibilities as a British citizen and a member of my school.</p> <p>I can make choices about my own behaviour because I understand how rewards and consequences feel.</p>	<p>I can explain the differences between direct and indirect types of bullying.</p> <p>I understand what racism is. I understand that cultural differences sometimes cause conflict.</p>	<p>I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it.</p> <p>I understand that I will need money to help me achieve some of my dreams</p> <p>I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this,</p>	<p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p> <p>I respect and value my body.</p> <p>I understand how the media, social media and celebrity culture promotes certain body types.</p>	<p>I understand that belonging to an online community can have positive and negative consequences.</p> <p>I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others.</p>	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities.</p> <p>I can express how I feel about the changes that will happen to me as I grow up and understand the importance of looking after myself physically and emotionally.</p>
Year 6	<p>I feel welcome and valued and know how to make others feel the same.</p> <p>I understand why our school community benefits from rules and how I can help others to follow it by modelling it myself.</p> <p>I know that there are universal rights for all children but for many children these rights are not met.</p>	<p>I can explain ways in which difference can be a source of conflict or a cause for celebration.</p> <p>I can explain some of the ways in which one person or a group can have power over another.</p>	<p>I know my learning strengths and can set challenging but realistic goals for myself.</p> <p>I can describe some ways in which I can work with other people to help make the world a better place.</p>	<p>I can take responsibility for my health and make choices that benefit my health and well-being.</p> <p>I know why some people join gangs and the risks this involves.</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.</p>	<p>I know how to take care of my mental health.</p> <p>I can recognise when people are trying to gain power or control.</p> <p>I can judge whether something online is safe and helpful for me.</p>	<p>I am aware of the importance of a positive self-esteem and what I can do to develop it.</p> <p>I can identify what I am looking forward to and what worries me about the transition to secondary school.</p>