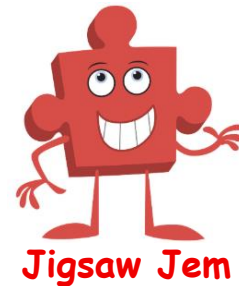




Curriculum Map:

Year Group: 6
Subject: PSHE



Jigsaw Jem



Changing Me:

In this Puzzle, children explore self-image and self-esteem while learning about physical and emotional changes during puberty. This Puzzle includes a non-statutory sex education lesson where develop understanding of reproduction, pregnancy, and birth. By the end of the Puzzle, children consider the transition to secondary school, using Circles of Change to reflect on worries, hopes, and how to prepare confidently for the year ahead.

Healthy Me:

In this Puzzle, children learn to take responsibility for their physical and emotional wellbeing, exploring how choices, prevention and healthy habits support long term health. They develop understanding of different types of drugs and their effects and discuss safer ways to cope with life's challenges. By the end of the Puzzle, children create a Healthy Body, Healthy Mind outcome, celebrating resilience.

Celebrating Difference:

In this Puzzle, children explore what "normal" can mean and develop empathy for people who are different. They examine prejudice, discrimination and protected characteristics, reflecting on their own attitudes and the importance of equality and respect.

At the end of the Puzzle, children's admiration accolades can contribute to a shared Hall of Fame display that values diversity, empathy and inclusion.

Summer 1

Summer 2

Spring 2

Spring 1

Autumn 2

Autumn 1

Relationships:

In this Puzzle, children explore mental health, learning how to recognise stress, anxiety and early warning signs, and how to seek support for themselves and others. They examine love and loss, understanding grief and developing strategies for managing strong emotions. By the end of the Puzzle, children create an Internet Safety presentation, showing how to use technology responsibly while protecting wellbeing, privacy and relationships.

Dreams and Goals:

In this Puzzle, children set ambitious but realistic personal learning goals and identify steps to success, reflecting on motivation, strengths and perseverance. They explore global issues that matter to them and consider how these affect people's lives. By the end of the Puzzle, children recognise their own and others' achievements in their shared planning for a school event.

Being Me in My World:

In this Puzzle, children reflect on the year ahead, identifying goals, worries and fears and exploring how to feel welcome and valued.

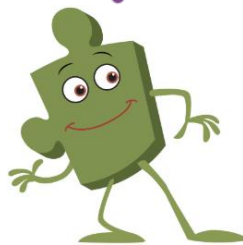
By the end of the Puzzle, children understand how democracy and modelling positive choices support a strong school community, with the whole-school Learning Charter as the shared outcome.



Curriculum Map:

Year Group: 5

Subject: PSHE



Jigsaw Jez

Relationships:

In this Puzzle, children build a strong sense of self by reflecting on their qualities, interests and self-esteem. They explore how relationships form online and consider both the benefits and risks of digital communities.

By the end of the Puzzle, children create an Internet Safety poster, showing how to stay happy, safe and respectful when using technology in relationships.

Dreams and Goals:

In this Puzzle, children explore the lifestyles they hope for as adults and consider how money, careers and personal values can shape future choices. They investigate different jobs, think critically about information online and reflect on how goals can change over time.

By the end of the Puzzle, children work together to rally support for shared causes and share these ideas, developing motivation, empathy and responsibility.

Being Me in My World

In this Puzzle, children look ahead to the year, setting personal goals and reflecting on what they value about their school community. They explore leadership, motivation and how to approach challenges positively. By the end of the Puzzle, children understand how democracy and shared expectations support a positive school community, with the whole-school Learning Charter as the shared outcome.

Changing Me:

In this Puzzle, children explore self-image and body confidence while learning about physical and emotional changes during puberty for girls and boys. They develop understanding of menstruation, male puberty and how media influences perceptions of appearance and wellbeing. This Puzzle includes one non statutory sex education lesson where children learn about conception, fertility support, and how babies are made. By the end of the Puzzle, children reflect on upcoming transitions using Circles of Change and consider how to manage feelings about future changes with confidence and resilience.

Healthy Me:

In this Puzzle, children learn about the health risks linked to smoking, vaping and alcohol, and practise making informed, pressure-resistant choices. They develop basic emergency aid skills, including how to stay calm and get help.

By the end of the Puzzle, children contribute to the Happy, Healthy Me Recipe Book focusing on positive body image.

Celebrating Difference:

In this Puzzle, children explore cultural similarities and differences, reflect on their own identities, and consider how assumptions and stereotypes can lead to conflict. They develop an understanding of racism, discrimination and different forms of bullying, including rumours, name-calling and cyberbullying.

By the end of the Puzzle, children will be able to contribute their culture class work, celebrating diversity and fairness across the world.

Summer 2

Summer 1

Spring 2

Spring 1

Autumn 2

Autumn 1



Curriculum Map:

Year Group:4

Subject: PSHE



Jigsaw Jaz

Relationships:

In this Puzzle, children explore feelings such as jealousy, love and loss, and learn how memories can help us stay connected to people we no longer see. They develop strategies for managing difficult emotions and supporting others through change.

By the end of the Puzzle, children celebrate relationships with people and animals, recognising care, appreciation and connection.

Dreams and Goals:

In this Puzzle, children explore their hopes and dreams and learn how feelings such as excitement, anxiety and disappointment can accompany them. They develop resilience by reflecting on setbacks, coping strategies and how support from others can help them move forward. By the end of the Puzzle, children celebrate shared achievements by sharing their Potato people, recognising effort, wellbeing and teamwork.

Being Me in My World

In this Puzzle, children explore what it means to be part of a class team, reflecting on inclusion, friendship and how their actions affect others. They learn about roles in school and how to contribute to their community. By the end of the Puzzle, children understand how responsible choices and participation benefit their school community, with the Learning Charter as the shared outcome.

Changing Me:

In this Puzzle, children explore identity and what makes them unique while learning about physical and emotional changes linked to puberty, including menstruation. They consider the role of families, trusted adults, and inner circles in providing care and support.

By the end of the Puzzle, children use Circles of Change to think about future transitions and celebrate growth and resilience.

Healthy Me:

In this Puzzle, children explore friendships, group dynamics and the emotions linked to belonging, trust and feeling left out. They consider how peer influence can affect choices and learn ways to stay safe with friends, including near railways.

By the end of the Puzzle, children celebrate their inner strength and assertiveness and share their ideas in the Happy, Healthy Me Recipe Book about healthy friendships.

Celebrating Difference:

In this Puzzle, children explore how first impressions and appearance can influence assumptions, learning to accept others for who they are and question their own judgements. They develop a deeper understanding of bullying, including the roles of bystanders and witnesses, and practice how to seek help and solve problems safely. Protected characteristics are introduced including age, disability, race and gender.

By the end of the Puzzle, children create a shared Hall of Fame display using photo frames, celebrating individuality and inclusion.

Summer 2

Summer 1

Spring 2

Spring 1

Autumn 2

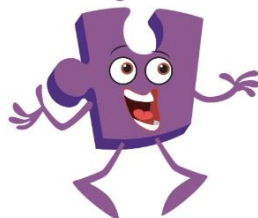
Autumn 1



Curriculum Map:

Year Group: 3

Subject: PSHE



Jigsaw Jino

Relationships:

In this Puzzle, children explore family roles and responsibilities and develop skills for building positive friendships, including solving conflicts and negotiating fairly. They start to learn how to stay safe online and think critically about information they see through the media and digital platforms. By the end of the Puzzle, children celebrate their web of relationships by creating Appreciation Streamers, recognising the importance of respect, kindness and belonging in family and friendship groups.

Dreams and Goals:

In this Puzzle, children explore people who have overcome challenges and reflect on their own dreams and ambitions. They consider how goals, motivation and a positive attitude support success, and learn to respect differences and build self-esteem.

By the end of the Puzzle, children will have celebrated learning, resilience and achievement.

Being Me in My World:

In this Puzzle, children reflect on their worth and achievements, set personal goals, and learn how to make others feel welcome. They explore emotions linked to worries and fears and think about what helps a school feel safe and supportive. By the end of the Puzzle, children recognise how their actions impact others, consider different viewpoints, and take responsibility for following the whole-school Learning Charter.

Changing Me:

In this Puzzle, children learn how babies grow and explore the physical changes that happen to bodies as people grow up, including some inside and outside changes linked to puberty. They develop understanding of personal hygiene and why caring for their bodies becomes more important as they grow and change.

By the end of the Puzzle, children create Ribbon Mobiles to celebrate growth and looking ahead.

Healthy Me:

In this Puzzle, children learn how exercise and food affect their bodies, exploring energy, fitness and making balanced choices. They consider attitudes towards drugs and reflect on how these make them feel.

By the end of the Puzzle, children can contribute their ideas on how to keep safe to the whole school Healthy Me Recipe Book.

Celebrating Difference:

In this Puzzle, children explore different types of families and why they are important, learning how to manage disagreements calmly and solve problems together. They develop an understanding of what it means to be a witness to bullying and how their actions and words may help or harm others.

By the end of the Puzzle, children create a shared Hall of Fame display using kite templates, celebrating difference and positive relationships.

Summer 2

Summer 1

Spring 2

Spring 1

Autumn 2

Autumn 1



Curriculum Map:

Year Group:2

Subject: PSHE



Jigsaw Jo

Relationships:

In this Puzzle, children explore different types of families and learn why cooperation and care are important in relationships. They develop understanding about safe and unsafe physical contact and practise expressing what feels comfortable to them.

By the end of the Puzzle, children celebrate special people in their lives by sharing their compliment bunting to the a Relationship Fiesta Puzzle Outcome

Dreams and Goals:

In this Puzzle, children learn how to set realistic goals, recognise their strengths and reflect on achievements. They explore how healthy choices, motivation and perseverance help them succeed and consider how working with others can support learning.

By the end of the Puzzle, children create a shared Garden of Dreams and Goals with Dream Birds, celebrating effort, cooperation and achievement.

Being Me in My World:

In this Puzzle, children reflect on their hopes and fears for the year and learn how to recognise feelings of worry and seek help. They explore belonging in their class and school community, developing an understanding of rights and responsibilities and making positive contributions. By the end of the Puzzle, children understand their role in creating a positive school community, with the whole-school Learning Charter as the shared outcome.

Changing Me:

In this Puzzle, children explore life cycles in nature and how humans grow from young to old, learning that some changes are outside their control. They reflect on how their own bodies and independence change over time and develop respect for differences in themselves and others.

By the end of the Puzzle, children create Leaf Mobiles to celebrate growth and looking ahead.

Healthy Me:

In this Puzzle, children learn about healthy eating, balanced diets and making healthier food choices, including nutritious foods. They explore how to keep safe at home and outside, learning to recognise risks and hazards, and how to respond when something feels unsafe.

By the end of the Puzzle, children can share ideas and celebrate practical ways to stay healthy and safe every day.

Celebrating Difference:

In this Puzzle, children explore similarities and differences, learning how assumptions and stereotypes can form and why it is important to treat others with courtesy and respect.

They develop an understanding of why bullying can happen, how it makes people feel, and how to seek help.

By the end of the Puzzle, children celebrate what makes everyone unique by creating a shared Trophy of Celebration display.

Summer 2

Summer 1

Spring 2

Spring 1

Autumn 2

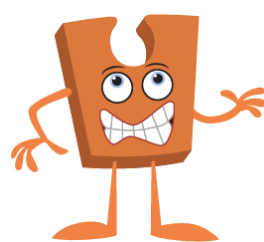
Autumn 1



Curriculum Map:

Year Group:1

Subject:PSHE



Jigsaw Jack

Relationships:

In this Puzzle, children explore families, friendships and what it means to belong and help others feel included. They learn how to make friends, solve problems and when to seek help or support. The children practise appropriate ways to greet others, learn who can help them in their school community, and reflect on how to ask for support when they feel upset. They also build confidence by recognising their own qualities and learning how to praise themselves. By the end of the Puzzle, children celebrate people who are special to them.

Dreams and Goals:

In this Puzzle, children explore what success means to them, learn how to set simple goals and recognise their own strengths. They practise breaking goals into steps, trying new challenges and understanding how learning can feel "stretchy", with challenge as a sign our brains are growing. By the end of the Puzzle, children will have created stretchy learning flowers and dream wellies that they can contribute to the whole school Garden of Dreams and Goals, celebrating effort, resilience and confidence.

Being Me in My World:

In this Puzzle, children are introduced to their Jigsaw Journals and explore what helps them feel special, safe and calm in their class. They learn what it means to belong and understand their rights and responsibilities as class members. By the end of the Puzzle, children understand their role in creating a positive, respectful and safe school community, with the Learning Charter as the shared outcome.

Changing Me:

In this Puzzle, children learn about life cycles and the changes that happen as humans and animals grow. They reflect on how their own bodies have changed and develop understanding that everyone grows at different rates.

At the end of the Puzzle, children contribute their flowers of change work to the whole school Tree of Change display, celebrating growth, learning and new beginnings.

Healthy Me:

In this Puzzle, children learn what it means to be healthy, exploring food, exercise, sleep and everyday choices that help their bodies and minds.

They develop understanding of hygiene, germs and how to keep clean and safe at home. Across the six Pieces, children learn about medicine safety and road safety, practise recognising when they feel worried or unwell, and think about who can help them stay safe.

They reflect on how healthy choices can make them feel good about themselves. Pupils share their ideas about how to keep clean and healthy.

Celebrating Difference:

In this Puzzle, children explore how people can be similar and different, reflecting on their own similarities and differences while learning to include others, use kind words and recognise what makes them special.

They develop an understanding of what bullying is, how it can make people feel, and who they can talk to if they need help.

By the end of the Puzzle, children will have created gingerbread people to contribute to a shared Hall of Fame display, recognising that everyone is unique and valued.

Summer 2

Summer 1

Spring 2

Spring 1

Autumn 2

Autumn 1



Curriculum Map:

Year Group: EYFS

Subject: PSHE



Jigsaw Jenie

Relationships:

Children are introduced to the key relationships in their lives. They learn about families and the different roles people can have in a family. They explore the friendships they have and what makes a good friend. They are introduced to simple strategies they can use to mend friendships.

The children also practise Jigsaw's Calm Me and how they can use this when feeling upset or angry.

Dreams and Goals:

In this Puzzle, the children consider challenges and facing up to them. They discuss not giving up and trying until they have achieved their goal. The children are encouraged to think about jobs that they might like to have when they are older and are taught to associate what they learn now with being able to have the job they want. They also talk about achieving goals and the feelings linked to this.

Being Me in My World:

In this Puzzle (unit), the children learn about how they have similarities and differences from their friends and how that is OK. They begin by working on recognising and managing and naming their feelings. The children learn about working with others and why it is good to be kind and use gentle hands. They discuss children's rights, especially linked to the right to learn and the right to play. The children learn what it means to be responsible.

Changing Me:

Children are encouraged to think about how they have changed from being a baby and what may change for them in the future. They consolidate the names and functions of some of the main parts of the body and discuss how these have changed. They learn that our bodies change in lots of different ways as we get older. Children understand that change can bring about positive and negative feelings, and that sharing these can help. They also consider the role that memories can have in managing change.

Healthy Me:

In this Puzzle, children learn about their bodies: the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss safe adults and what they should do if approached by someone they don't know.

Celebrating Difference:

In this Puzzle (unit), children are encouraged to think about things that they are good at whilst understanding that everyone is good at different things.

They discuss being different and how that makes everyone special but also recognise that we are the same in many ways. The children share their experiences of their homes and are asked to explain why it is special to them.

They learn about friendship and how to be a kind friend and how to stand up for themselves if someone says or does something unkind to them.

Summer 2

Summer 1

Spring 2

Spring 1

Autumn 2

Autumn 1