

PSHE Jigsaw – **Being Me in My World** – Autumn 1 Coverage

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	<p>Who... Me?!</p> <p>Understand how it feels to belong and that we are similar and different</p>	<p>Special and safe</p> <p>Know how to use my Jigsaw Journal Feel special and safe in my class</p>	<p>Hopes and fears for the year</p> <p>Identify some of my hopes and fears for this year, and know how to use my Jigsaw Journal Recognise when I feel worried and know who to ask for help</p>	<p>Getting to know each other</p> <p>Recognise my worth and identify positive things about myself and my achievements, and set personal goals, and know how to use my Jigsaw Journal Value myself and know how to make someone else feel welcome and valued</p>	<p>Becoming a class 'team'</p> <p>Know my attitudes and actions make a difference to the class team, and know how to use my Jigsaw Journal Know how good it feels to be included in a group and understand how it feels to be excluded, and try to make people feel welcome and valued</p>	<p>My year ahead</p> <p>Face new challenges positively and know how to set personal goals, and know how to use my Jigsaw Journal Know what I value most about my school and can identify my hopes for this school year</p>	<p>My year ahead</p> <p>Identify my goals for this year, understand my fears and worries about the future and know how to express them, and know how to use my Jigsaw Journal Feel welcome and valued and know how to make others feel the same</p>
Week 2	<p>How am I feeling today?</p> <p>Start to recognise and manage my feelings</p>	<p>My class</p> <p>Understand the rights and responsibilities as a member of my class Know that I belong to my class</p>	<p>Rights and responsibilities</p> <p>Understand the rights and responsibilities for being a member of my class and school, and the importance of making contributions Know how to help myself and others feel like we belong</p>	<p>Our nightmare school</p> <p>Face new challenges positively, make responsible choices and ask for help when I need it Recognise how it feels to be happy, sad or scared, and am able to identify if other people are feeling these emotions</p>	<p>Being a school citizen</p> <p>Understand who is in my school community, the roles they play, how I fit in and how I can contribute Take on a role in a group and contribute to the overall outcome</p>	<p>Being a citizen of my country</p> <p>Understand my rights and responsibilities as a citizen of my country Empathise with people in this country whose lives are different to my own</p>	<p>Being a global citizen 1</p> <p>Know that there are universal rights for all children but for many children these rights are not met Understand my own wants and needs and can compare these with children in different communities</p>
Week 3	<p>Being at school</p> <p>Enjoy working with others to make school a good place to be</p>	<p>Rights and responsibilities</p> <p>Understand the rights and responsibilities for being a member of my class Know how to make my class</p>	<p>Rewards and consequences</p> <p>Listen to other people and contribute my own ideas about rewards and consequences</p>	<p>Our dream school</p> <p>Understand why rules are needed and how they relate to rights and responsibilities</p>	<p>Rights, responsibilities and democracy</p> <p>Understand how democracy works through the school council Recognise my contribution to</p>	<p>Year 5 responsibilities</p> <p>Understand my rights and responsibilities as a citizen of my country and as a member of my school</p>	<p>Being a global citizen 2</p> <p>Understand that my actions affect other people locally and globally Understand my own wants and needs and can compare these</p>

		a safe place for everybody to learn	Help make my class a safe and fair place	Know how to make others feel valued	making a learning charter for the whole school	Empathise with people in this country whose lives are different to my own	with children in different communities
Week 4	Gentle hands Understand why it is good to be kind and use gentle hands	Rewards and feeling proud Know my views are valued and can contribute to the learning charter Recognise how it feels to be proud of an achievement	Rewards and consequences Listen to other people and contribute my own ideas about rewards and consequences Help make my class a safe and fair place	Rewards and consequences Understand that my actions affect myself and others and I care about other people's feelings Understand that my behaviour brings rewards/consequences	Rewards and consequences Understand that my actions affect myself and others, and care about other people's feelings and try to empathise with them Understand how rewards and consequences motivate people's behaviour	Rewards and consequences Make choices about my own behaviour because I understand how rewards and consequences feel Understand that my actions affect me and others	The learning charter Make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities Understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them
Week 5	Our rights Start to understand children's rights and this means we should all be allowed to learn and play	Consequences Recognise the choices I make and understand the consequences Recognise the range of feelings when I face certain consequences	Our learning charter Understand how following the learning charter will help me and others learn Work cooperatively	Our learning charter Make responsible choices and take action Work cooperatively in a group	Our learning charter Understand how groups come together to make decisions Take on a role in a group and contribute to the overall outcome	Our learning charter Understand how an individual's behaviour can impact on a group Contribute to the group and understand how we can function as a whole	Our learning charter Understand how an individual's behaviour can impact on a group Contribute to the group and understand how we can function best as a whole
Week 6	Our responsibilities Learn what being responsible means	Owning our learning charter Understand my rights and responsibilities within our learning charter Understand my choices in following the learning charter	Owning our learning charter Recognise the choices I make and understand the consequences Follow the learning charter	Owning our learning charter Understand my actions affect others and try to see things from their points of view Choose to follow the learning charter	Owning our learning charter Understand how democracy and having a voice benefits the school community Understand why our school community benefits from a learning charter and can help others to follow it	Owning our learning charter Understand how democracy and having a voice benefits the school community and know how to participate in this Understand why our school community benefits from a learning charter and can help others to follow it	Owning our learning charter Understand how democracy and having a voice benefits the school community Understand why our school community benefits from a learning charter and how I can help others to follow it by modelling it myself

<p>Week 7</p>		<p>Mega Movers</p> <p>Understand that daily energetic exercise is good for my brain as well as my body Understand that I can use our mega movers time to set myself goals and to encourage</p>	<p>Hidden Differences</p> <p>Identify a hidden difference Tell you some ways I can help a person with a hidden difference</p>	<p>Road and travel safety</p> <p>Identify ways to keep myself safe travelling to and from school, including road safety Value myself and my own opinions</p>	<p>Hidden Differences</p> <p>Understand how having a hidden disability or difficulty could affect someone's life Consider and empathise with people with hidden disabilities or differences</p>	<p>Fire Safety and Fireworks</p> <p>Identify different ways that I can keep myself safe around fire and fireworks Recognise that other people might choose to act differently around fire and fireworks</p>	<p>Knife crime</p> <p>Know why some people might carry knives Make an informed decision about how to keep myself and other people safe when I am out by myself and with friends</p>
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