



PSHE – Being Me in My World Year 1



Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. The table below draws out the spiral knowledge and skills progression within the Being Me in My World Puzzle (unit of work) including the key vocabulary used in each year group and suggestions for Family Learning.

Knowledge



- Understand the rights and responsibilities of a member of a class.
- Understand that their views are important.
- Understand that their choices have consequences.
- Understand their own rights and responsibilities with their classroom.

Key Vocabulary

Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed.

Social and Emotional Skills



- Understanding that they are special.
- Understand that they are safe in their class.
- Identifying helpful behaviours to make the class a safe place.
- Identify what it's like to feel proud of an achievement.
- Recognise feelings associated with positive and negative consequences.
- Understand that they have choices.

Questions for Family Learning



- What do you do in class to help other children?
- What do you do to help your teacher?
- What does it feel like to be safe?
- Can you tell me something you were really proud of? How did it make you feel 'inside'?
- What sort of things does your teacher say or do when they are pleased?
- What choices can you make to be helpful and kind in school and at home?
- What are the Jigsaw Friends in your class called? How are the Jigsaw Friends used in your Jigsaw lessons?
- Can you tell me about Calm Me time?

In this Puzzle (unit), the children are introduced to their Jigsaw Journals and discuss their Jigsaw Charter. As part of this they discuss rights and responsibilities, choices and consequences. The children talk about being special and how to make everyone feel safe in their class as well as recognising their own safety.