

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



- Know how to face new challenges positively.
- Understand how to set personal goals.
- Understand the rights and responsibilities associated with being a citizen in the wider community and their country.
- Know how an individual's behaviour can affect a group and the consequences of this.
- Understand how democracy and having a voice benefits the school community.
- Understand how to contribute towards the democratic process.

### Key Vocabulary

Challenge, Attitude, Citizen, Views, Opinion, Collaboration, Collective Decision, Opportunities, Vision, Empathise, Refugee, Persecution, Asylum, Migrant, Conflict, Cooperation, Participation.

### Social and Emotional Skills



- Be able to identify what they value most about school.
- Identify hopes for the school year.
- Empathy for people whose lives are different from their own.
- Consider their own actions and the effect they have on themselves and others.
- Be able to work as part of a group, listening and contributing effectively.
- Understand why the school community benefits from a Learning Charter.
- Be able to help friends make positive choices.
- Know how to regulate my emotions.

### Questions for Family Learning



- What makes an effective class team?
- How do all the different people in school work together so that it runs well? Does everyone have a role in school?
- Do you have choices about how to behave? How do rules, rewards and consequences help with this?
- What do you think democracy is? Can you give an example?
- What skills do you have that can help a team work well together?
- 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 think and talk about the year ahead, goals they could set for themselves as well as the challenges they may face. They learn and talk about their rights and responsibilities as a member of their class, school, wider community and the country they live in. The children talk about their own behaviour and its impact on a group as well as choices, rewards, consequences and the feelings associated with each. They also talk about democracy, how it benefits the school and how they can contribute towards it. They revisit the Jigsaw Charter and set up their Jigsaw Journals.