



Princefield First School

PSHE

Jigsaw Scheme



Strand		Key Stage 1		Key Stage 2	
		Year 1	Year 2	Year 3	Year 4
Being Me in My World	PSHE Education	<p>I understand my rights and responsibilities as a member of my class.</p> <p>I know my views are valued.</p> <p>I can recognise the choices I make and understand the consequences.</p> <p>I can identify some of my hopes and fears for this year.</p> <p>I can listen to other people and contribute my own ideas about rewards and consequences.</p>		<p>I can recognise my worth and can identify positive things about myself and my achievements.</p> <p>I can set personal goals.</p> <p>I can face new challenges positively, make responsible choices and ask for help when I need it.</p> <p>I understand why rules are needed and how they relate to rights and responsibilities.</p> <p>I understand that my actions affect myself and others and I care about other people's feelings and try to empathise with them.</p> <p>I can make responsible choices and take action.</p> <p>I understand my actions affect others and try to see things from their points of view.</p> <p>I know my attitudes and actions make a difference to the class team.</p> <p>I understand who is in my school community, the roles they play and how I fit in.</p> <p>I understand how democracy works through the school council.</p> <p>I understand how groups come together to make decisions.</p> <p>I understand how democracy and having a voice benefits the school community.</p>	
	Emotional Literacy/ Social Skills	<p>I feel special and safe in my class.</p> <p>I know that I belong to my class.</p> <p>I know how to make my class a safe place for everybody to learn.</p> <p>I recognise how it feels to be proud of an achievement.</p> <p>I recognise the range of feelings when I face certain consequences.</p> <p>I recognise when I feel worried and know who to ask for help.</p> <p>I can help make my class a safe and fair place.</p> <p>I can work cooperatively.</p>		<p>I value myself and know how to make someone else feel welcome and valued.</p> <p>I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions.</p> <p>I understand that my behaviour brings rewards/consequences.</p> <p>I can work cooperatively in a group.</p> <p>I know how good it feels to be included in a group and understand how it feels to be excluded.</p> <p>I try to make people feel welcome and valued.</p> <p>I can take on a role in a group and contribute to the overall outcome.</p> <p>I understand how rewards and consequences motivate people's behaviour.</p>	

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Celebrating Difference	PSHE Education	<p>I can identify similarities between people in my class.</p> <p>I can identify differences between people in my class.</p> <p>I can tell you what bullying is.</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied.</p> <p>I know how to make new friends.</p> <p>I can tell you some ways I am different from my friends.</p> <p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).</p> <p>I understand that bullying is sometimes about difference.</p> <p>I can recognise what is right and wrong and know how to look after myself.</p>		<p>I understand that everybody's family is different and important to them.</p> <p>I understand that differences and conflicts sometimes happen among family members.</p> <p>I know what it means to witness bullying.</p> <p>I know that witnesses can make the situation better or worse by what they do.</p> <p>I recognise that some words are used in hurtful ways.</p> <p>I can tell you about a time when my words affected someone's feelings and what the consequences were.</p> <p>I understand that sometimes we make assumptions based on what people look like.</p> <p>I understand what influences me to make assumptions based on how people look.</p> <p>I know that bullying is hard to spot and I know what to do if I think it is going on but im not sure.</p> <p>I can tell you why witnesses sometimes join in with bullying and sometimes don't tell.</p> <p>I can identify what is special about me and value the ways in which I am unique.</p> <p>I can tell you when my first impression of someone changed when I got to know them.</p>	
	Emotional Literacy/ Social Skills	<p>I can tell you some ways I am the same as and different from my friends.</p> <p>I understand and can tell you how being bullied might feel.</p> <p>I can be kind to children who are bullied.</p> <p>I know how it feels to make a new friend.</p> <p>I understand these difference make us all special and unique.</p> <p>I understand some ways in which boys and girls are similar and feel good about this.</p> <p>I understand some ways in which boys and girls are different and accept that this is ok.</p> <p>I know when and how to stand up for myself and others.</p> <p>I know how to get help if I am being bullied.</p> <p>I know how it feels to be a friend and have a friend.</p>		<p>I appreciate my family/ the people who care for me.</p> <p>I know how to calm myself down.</p> <p>I know some ways of helping to make someone who is bullied feel better.</p> <p>I can problem-solve a bullying situation with others.</p> <p>I try hard not to use hurtful words.</p> <p>I know how to give and receive compliments.</p> <p>I try to accept people for who they are.</p> <p>I can question why I think what I do about other people.</p> <p>I know how it might feel to be a witness to and a target of bullying.</p> <p>I like and respect the unique features of my physical appearance.</p> <p>I can explain why it is good to accept people for who they are.</p>	

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Dreams and Goals	PSHE Education	<p>I can set simple goals and work out how to achieve them.</p> <p>I understand how to work well with a partner.</p> <p>I can tackle a new challenge and understand how this might stretch my learning.</p> <p>I can identify obstacles which make it more difficult to achieve my challenge and can work out how to overcome them.</p> <p>I can tell you how it felt when I succeeded in a new challenge and how I celebrated it.</p> <p>I can persevere even when I find tasks difficult.</p> <p>I can recognise who it is easy for me to work with and who it is more difficult for me to work with.</p> <p>I can work cooperatively in a group to create an end product.</p> <p>I can explain some of the ways I worked cooperatively in my group to create the end product.</p> <p>I know how to share success with other people.</p>		<p>I can tell you about a person who has faced difficult challenges and achieved success.</p> <p>I can identify a dream/ ambition that is important to me.</p> <p>I enjoy facing new learning challenges and working out the best ways for me to achieve them.</p> <p>I am motivated and enthusiastic about achieving our new challenge.</p> <p>I can recognise obstacles which might hinder my achievement and can take steps to overcome them.</p> <p>I can evaluate my own learning process and identify how it can be better next time.</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 that this can hurt.</p> <p>I know that reflecting on positive and happy experiences can help me to counteract disappointment.</p> <p>I know how to make a new plan and set new goals even if I have been disappointed.</p> <p>I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group.</p> <p>I can identify the contributions made by myself and others to the group's achievement.</p>	
	Emotional Literacy/ Social Skills	<p>I can identify my successes and achievements and know how this makes me feel (proud).</p> <p>I can tell you how I learn best.</p> <p>I can celebrate achievement with my partner.</p> <p>I can identify how I feel when I am faced with a new challenge.</p> <p>I know how I feel when I see obstacles and how I feel when I overcome them.</p> <p>I can tell you some strengths as a learner.</p> <p>I understand how working with other people can help me to learn.</p> <p>I can work with other people to solve problems.</p> <p>I can express how it felt to be working as part of this group.</p> <p>I know how contributing to the success of a group feels.</p>		<p>I respect and admire people who overcome obstacles and achieve their dreams and goals (E.g.through disability).</p> <p>I can imagine how I will feel when I achieve my dream/ ambition.</p> <p>I can break down a goal into a number of steps and know how others could help me to achieve it.</p> <p>I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge.</p> <p>I can manage the feelings of frustration that may arise when obstacles occur.</p> <p>I am confident in sharing my success with others.</p> <p>I know how it feels to have dreams and goals.</p> <p>I know how disappointment feels and can identify when I have felt that way.</p> <p>I know how to cope with disappointment and how to help others cope with theirs.</p> <p>I know what it means to be resilient and to have a positive attitude.</p> <p>I can enjoy being part of a group challenge.</p> <p>I know how to share in the success of a group.</p>	

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Healthy Me	PSHE Education	<p>I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p>I know how to make healthy lifestyle choices.</p> <p>I know how to keep myself clean and healthy, and understand how germs cause disease/ illness.</p> <p>I know that all household products including medicines can be harmful if not used properly.</p> <p>I understand that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>I know how to keep safe when crossing the road and about people who can help me stay safe.</p> <p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p> <p>I can show you what relaxed means and I know some things that make me relaxed and some things that make me feel stressed.</p> <p>I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.</p> <p>I can decide which foods to eat to give me energy.</p> <p>I can make some healthy snacks and explain why they are good for my body.</p>		<p>I understand how exercise affects my body and know why my heart and lungs are such important organs.</p> <p>I can tell you my knowledge and attitude towards substances that can cause me harm.</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 that, like medicines, some household substances can be harmful if not used correctly.</p> <p>I understand how complex my body is and how important it is to take care of it.</p> <p>I can recognise how different friendship groups are formed, how I fit in them and the friends I value the most.</p> <p>I recognise the changing dynamics between people in different groups, see who takes on which role e.g. leader, follower, and understand the roles I take on in different situations.</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want.</p>	
	Emotional Literacy/ Social Skills	<p>I feel good about myself when I make healthy choices.</p> <p>I am special so I keep myself safe.</p> <p>I can recognise when I feel frightened and know who to ask for help.</p> <p>I can recognise how being healthy helps me to feel happy.</p> <p>I feel motivated to make healthy lifestyle choices.</p> <p>I can tell you when a feeling is weak and when a feeling is strong.</p> <p>I feel positive about caring for my body and keeping it healthy.</p> <p>I have a healthy relationship with food and know which foods I enjoy the most and which are most nutritious for my body.</p> <p>I can express how it feels to share healthy food with my friends.</p>		<p>I can set myself a fitness challenge.</p> <p>I can identify how I feel towards substances that can cause me harm.</p> <p>I can express how being anxious or scared feels.</p> <p>I can take responsibility for keeping myself and others safe at home.</p> <p>I respect my body and appreciate what it does for me.</p> <p>I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions.</p> <p>I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p> <p>I can tap into my inner strength and know how to be assertive.</p>	

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Relationships	PSHE Education	<p>I can identify the members of my family and understand that there are lots of different types of families.</p> <p>I can identify what being a good friend means to me.</p> <p>I know appropriate ways of physical contact to greet my friends and know ways I prefer.</p> <p>I know who can help me in my school community.</p> <p>I can recognise my qualities as a person and a friend.</p> <p>I can tell you why I appreciate someone who is special to me.</p> <p>I can identify some of the things that cause conflict with my friends.</p> <p>I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</p> <p>I recognise and appreciate people who can help me in my family, my school and my community.</p>	<p>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.</p> <p>I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener.</p> <p>I know and can use some strategies for keeping myself safe.</p> <p>I can explain how some of the actions and work of people around the world can help and influence my life.</p> <p>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p>I know how to express my appreciation to my friends and family.</p> <p>I can identify the web of relationships that I am a part of, starting from those closest to me and including those more distant.</p> <p>I can identify someone I love and can express why they are special to me.</p> <p>I know how to show love and appreciation to the people and animals who are special to me.</p>	
	Emotional Literacy/ Social Skills	<p>I know how it feels to belong to a family and care about the people who are important to me.</p> <p>I know how to make a new friend.</p> <p>I can recognise which forms of physical contact are acceptable and unacceptable to me.</p> <p>I know when I need help and know how to ask for it.</p> <p>I know ways to praise myself.</p> <p>I can express how I feel about someone special.</p> <p>I accept that everyone's family is different and understand that most people value their family.</p> <p>I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.</p> <p>I know how it feels to be asked to keep a secret I do not want to keep and who to talk to about this.</p> <p>I understand how it feels to trust someone.</p> <p>I am comfortable accepting appreciation from others.</p>	<p>I can describe how taking some responsibility in my family makes me feel.</p> <p>I know how to negotiate in conflict situations to try to find a win-win situation.</p> <p>I know who to ask for help if I am worried or concerned.</p> <p>I can empathise with children whose lives are different to mine and appreciate what I may learn from them.</p> <p>I enjoy being part of a family and friendship groups.</p> <p>I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them.</p> <p>I know how most people feel when they lose someone or something they love.</p> <p>I can love and be loved.</p>	