



PSHE Progression of Knowledge, Skills and Understanding – Jigsaw



Year Group	Autumn 1 Being Me in My World	Autumn 2 Celebrating Differences (Including Anti-Bullying)	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me (Including Sex Education)
Nursery (3-4)	<p>In nursery PSHE is taught through the statements from the 2020 Development Matters which are prerequisite skills for PSHE within the National Curriculum. These match the programme of study for relationships and health education in addition to the non-statutory guidance for PSHE. Children will learn to</p> <ul style="list-style-type: none"> • Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them. • Develop their sense of responsibility and membership of a community. • Become more outgoing with unfamiliar people, in the safe context of their setting. • Show more confidence in new social situations. • Play with one or more other children, extending and elaborating play ideas. • Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. • Increasingly follow rules, understanding why they are important. • Do not always need an adult to remind them of a rule. • Develop appropriate ways of being assertive. • Talk with others to solve conflicts. • Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’. • Begin to understand how others might be feeling. 					
Reception	Help others feel welcome Try to make our school community a better place Think about everybody’s right to learn Care about other people’s feelings	Accept that everyone is different Include others when working and playing Know how to help if someone is being bullied Try to solve problems Try to use kind words	Stay motivated when doing something challenging Keep trying even when it is difficult Work well with a partner or in a group Have a positive attitude	Have made a healthy choice Have eaten a healthy balanced diet Have been physically active Have tried to keep themselves and others safe	Know how to make friends Try to solve friendship problems when they occur Help others to feel part of a group Show respect in how they treat others	Understand that everyone is unique and special Can express how they feel when change happens Understand and respect the changes that they see in themselves and other people

	Work well with others Choose to follow the learning charter		Help others to achieve their goals Are working hard to achieve their own dreams and goals	Know how to be a good friend and enjoy healthy relationships (Stranger danger)	Know how to help themselves and others when they feel hurt and upset Know and show what makes a good relationship	Know who to ask for help if they are worried about change Are looking forward to change
Key Vocab	Belong, Similar, Different, Unique, Feelings, Happy, Sad, Angry, Excited, Feelings, Working together, Sharing, Consider others' feelings, Gentle hands, Kind hands, Hurt, Cross, Angry, Annoying, Falling out, Rights, Responsibilities, Rules	Special, Good, Like, Proud, Achievements, Different, Unique, Comfortable, Similarities, Differences, Same, Groups, House, Home, Making friends, Kind friends, Lonely, Unkind behaviour, Standing up for yourself	Persevere, Challenge, Overcome, Tricky, Not giving up, Achieving, Goals, Practising, Try, Encourage, Kind words, Dream jobs, Future, Aim, Proud	Exercise, Healthy Body, Healthy foods, Healthy eating choices, Heart, Breath, Sleep, Dream, Grow, Repair, Yawn, Stretch, Dirt, Germs, Clean, Wash, Stranger, Fooled, Lost, Help	Jobs, Activities, Family, Relationship, Friend, Lonely, Kind hands, Funny, Smiley face, Angry, Upset, Unkind, Unkind words, Falling out, Clenching and Unclenching fists, Deep breaths, Happy, Walk away, Getting on,	Eye, Ear, Knee, Finger, Foot, Mouth, Nose, Stomach, Eyebrow, Arm, Tongue, Toe, Forehead, Chest, Hand, Leg, Heart, Change, Grow up, Excited, Important, Healthy, Nervous, Scared, Worries, Fears, Memories
Year 1	I understand the rights and responsibilities of being a member in my class I know how to make my class a safe place for everybody to learn	I can tell you ways that I am different from my friends I understand these differences make us all special and unique	I can tell you how I felt when I succeeded in a new challenge and celebrated it I know how to store the feelings of success in my internal treasure chest	I can tell you why I think my body is amazing and can identify to some ways to keep it healthy and safe I can recognise how being healthy helps me to feel happy	I can tell you why I appreciate someone who is special to me I can express how I feel about them	I can identify the parts of the body that make boys different to girls and can use the correct names for these I respect my body and understand which parts are private
Key vocab	Safe, Special, Calm, Belonging, Special, Rights, Responsibilities, Learning, Charter, Rights and Responsibilities, Rewards, Proud, Consequences, Upset, Disappointed,	Similarity/similar, Same as, Different from, Difference, Similarity, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebration, Special, Unique	Proud, Success, Achievement, Goal, Treasure, Coins, Learning, Stepping stones, Process, Garden, Dreams, Working together, Team work, Celebrate, Stretchy, Challenge, Feelings, Obstacle,	Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe, Medicines, Trust, Safety, Green Cross Code, Eyes, Ears, Look,	Family, Belong, Different, Same, Friends, Friendship Qualities, Caring, Sharing Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Qualities Skills, Self-belief, Incredible, Proud,	Changes, Life cycle, Baby, Adulthood, Grown up, Adult, Mature, Male, Female, Penis, Testicles, Anus, Vagina, Learn, New, Grow, Change, Feelings, Anxious, Worried, Excited, Coping

	Illustration		Overcome, Achieve, Celebration, Internal treasure chest	Listen, Wait, Keeping clean	Celebrate, Relationships, Special, Appreciate	
Year 2	<p>I understand the rights and responsibilities of being a member in my class and school</p> <p>I can help to make my class a safe and fair space to learn</p>	<p>I can identify some ways in which my friend is different from me</p> <p>I can tell you why I value this difference about him/her</p>	<p>I can explain some of the ways I work cooperatively in my group to create the end product</p> <p>I can express how it felt to be working as part of this group</p>	<p>I can make some healthy snacks and explain why they are good for my body</p> <p>I can express how it feels to share healthy food with my friends</p>	<p>I can identify some of the things that cause me conflict between me and my friends</p> <p>I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends</p>	<p>I can recognise the physical differences between boys and girls, use the correct names for the parts of the body and appreciate that some parts of my body are private</p> <p>I can tell you what I like/don't like about being a boy/girl</p>
Key Vocab	<p>Worries, Hopes, Fears, Belonging, Rights, Responsibilities, Responsible, Actions, Praise, Reward, Consequence, Positive, Negative, Choices, Co-operate, Learning, Charter, Problem-solving,</p>	<p>Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Differences, Special, Bully, Purpose, Difference, Kind, Unkind, Feelings, Sad, Lonely, Help, On Purpose, Stand up for, Male, Female, Diversity, Fairness, Kindness, Friends, Unique, Different, Value</p>	<p>Realistic, Proud, Success, Celebrate, Achievement, Goal, Strengths, Persevere, Challenge, Difficult, Easy, Learning together, Partner, Team work, Learning together, Product, Dream bird, Group, Problem-solve, Garden, Achievement</p>	<p>Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines, Safe, Body, Healthy, Unhealthy, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious</p>	<p>Family, Different, Similarities, Special, Relationship, Important, Cooperate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Friends, Likes/dislikes, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust Surprised, Happy, Sad, Frightened, Trustworthy, Honesty, Reliability, Compliments, Celebrate, Positive, Negative, Appreciate</p>	<p>Change, Grow, Life cycle, Control, Baby, Adult, Fully grown, Growing up, Old, Young, Respect, Appearance, Physical, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy</p>