



## 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)
<b>Reception</b>	<p>Help others feel welcome</p> <p>Try to make our school community a better place</p> <p>Think about everybody's right to learn</p> <p>Care about other people's feelings</p> <p>Work well with others</p> <p>Choose to follow the learning charter</p>	<p>Accept that everyone is different</p> <p>Include others when working and playing</p> <p>Know how to help if someone is being bullied</p> <p>Try to solve problems</p> <p>Try to use kind words</p>	<p>Stay motivated when doing something challenging</p> <p>Keep trying even when it is difficult</p> <p>Work well with a partner or in a group</p> <p>Have a positive attitude</p> <p>Help others to achieve their goals</p> <p>Are working hard to achieve their own dreams and goals</p>	<p>Have made a healthy choice</p> <p>Have eaten a healthy balanced diet</p> <p>Have been physically active</p> <p>Have tried to keep themselves and others safe</p> <p>Know how to be a good friend and enjoy healthy relationships</p> <p>(Stranger danger)</p>	<p>Know how to make friends</p> <p>Try to solve friendship problems when they occur</p> <p>Help others to feel part of a group</p> <p>Show respect in how they treat others</p> <p>Know how to help themselves and others when they feel hurt and upset</p> <p>Know and show what makes a good relationship</p>	<p>Understand that everyone is unique and special</p> <p>Can express how they feel when change happens</p> <p>Understand and respect the changes that they see in themselves and other people</p> <p>Know who to ask for help if they are worried about change</p> <p>Are looking forward to change</p>
<b>Key Vocab</b>	<p>Belong, Similar, Different, Unique, Feelings, Happy, Sad, Angry, Excited, Feelings, Working together, Sharing, Consider others' feelings, Gentle</p>	<p>Special, Good, Like, Proud, Achievements, Different, Unique, Comfortable, Similarities, Differences, Same, Groups, House, Home, Making friends, Kind friends, Lonely,</p>	<p>Persevere, Challenge, Overcome, Tricky, Not giving up, Achieving, Goals, Practising, Try, Encourage, Kind words, Dream jobs, Future, Aim, Proud</p>	<p>Exercise, Healthy Body, Healthy foods, Healthy eating choices, Heart, Breath, Sleep, Dream, Grow, Repair, Yawn, Stretch, Dirt, Germs, Clean, Wash, Stranger, Fooled, Lost, Help</p>	<p>Jobs, Activities, Family, Relationship, Friend, Lonely, Kind hands, Funny, Smiley face, Angry, Upset, Unkind, Unkind words, Falling out, Clenching and Unclenching fists, Deep</p>	<p>Eye, Ear, Knee, Finger, Foot, Mouth, Nose, Stomach, Eyebrow, Arm, Tongue, Toe, Forehead, Chest, Hand, Leg, Heart, Change, Grow up, Excited, Important, Healthy,</p>

	hands, Kind hands, Hurt, Cross, Angry, Annoying, Falling out, Rights, Responsibilities, Rules	Unkind behaviour, Standing up for yourself			breaths, Happy, Walk away, Getting on,	Nervous, Scared, Worries, Fears, Memories
<b>Year 1</b>	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
<b>Key Vocab</b>	Safe, Special, Calm, Belonging, Special, Rights, Responsibilities, Learning, Charter, Rights and Responsibilities, Rewards, Proud, Consequences, Upset, Disappointed, Illustration	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, Overcome, Achieve, Celebration, Internal treasure chest	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, Listen, Wait, Keeping clean	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, Celebrate, Relationships, Special, Appreciate	Changes, Life cycle, Baby, Adulthood, Grown up, Adult, Mature, Male, Female, Penis, Testicles, Anus, Vagina, Learn, New, Grow, Change, Feelings, Anxious, Worried, Excited, Coping
<b>Year 2</b>	I understand the rights and responsibilities of being a member in my class and school  I can help to make my class a safe and fair space to learn	I can identify some ways in which my friend is different from me  I can tell you why I value this difference about him/her	I can explain some of the ways I work cooperatively in my group to create the end product  I can express how it felt to be working as part of this group	I can make some healthy snacks and explain why they are good for my body  I can express how it feels to share healthy food with my friends	I can identify some of the things that cause me conflict between me and my friends  I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends	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  I can tell you what I

						like/don't like about being a boy/girl
<b>Key Vocab</b>	<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>