

Wedmore PSHE Progression in Skills
(Jigsaw Scheme of Learning)

Being me in my world				
EYFS	Year One	Year Two	Year Three	Year Four
<ul style="list-style-type: none"> • Help other to feel welcome. • Making our school a safer place. Thinking about our right to learn. Caring for others. • Working well with others. 	<ul style="list-style-type: none"> • Explain why my class is a happy and safe place to learn. • Give different examples of where I or others make my class a safe and happy place. 	<ul style="list-style-type: none"> • Explain why my behaviour can impact others in my class. • Explain my own and other's choices and say why some choices are better than others. 	<ul style="list-style-type: none"> • Explain how my behaviour can affect how others feel and behave. • Say why it is important to have rules and how it helps me and others to learn. 	<ul style="list-style-type: none"> • Explain why being listened to and listening to others is important. • Explain why being democratic is important and helps others to feel valued.
Celebrating difference				
EYFS	Year One	Year Two	Year Three	Year Four
<ul style="list-style-type: none"> • Accept that we are all different. • Include others when working and playing. • Know how to help other people. Try to solve problems. • Use kind words. • Give and receive compliments. 	<ul style="list-style-type: none"> • Tell you some ways that I am different and similar to other people in my class, and why this makes us all special. • Explain what bullying is and how being bullied might make somebody feel. 	<ul style="list-style-type: none"> • Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes. • Explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends. 	<ul style="list-style-type: none"> • Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. • Tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It Together or asking for help 	<ul style="list-style-type: none"> • Tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure. • Explain why it is good to accept myself and others for who we are.

Dreams and Goals

EYFS	Year One	Year Two	Year Three	Year Four
<p>Stay motivated when doing something challenging.</p> <p>Keep trying even when things are tricky. Work well with a partner or a group.</p> <p>Have a positive attitude.</p> <p>Help others to achieve their goals.</p>	<p>Explain how I feel when I am successful and how this can be celebrated positively.</p> <p>Say why my internal treasure chest is an important place to store positive feelings.</p>	<p>Explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other.</p> <p>Explain how it felt to be part of a group and can identify a range of feelings about group work).</p>	<p>Explain the different ways that help me learn and what I need to do to improve.</p> <p>Confident and positive when I share my success with others.</p> <p>I can explain how these feelings can be stored in my internal treasure chest and why this is important.</p>	<p>Plan and set new goals even after a disappointment.</p> <p>Explain what it means to be resilient and to have a positive attitude.</p>

Healthy Me

	Year One	Year Two	Year Three	Year Four
<ul style="list-style-type: none"> • Make healthy choices. Eat a balance diet. • Be physically active. • Try to keep themselves and others safe. • Know how to be a good friend and have a healthy relationship. • Keep calm and deal with tricky situations. 	<ul style="list-style-type: none"> • Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. • Give examples of when being healthy can help me feel happy. 	<ul style="list-style-type: none"> • Explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. • Compare my own and my friends' choices and can express how it feels to make healthy and safe choices. 	<ul style="list-style-type: none"> • Identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. • Express how being anxious/ scared and unwell feels. 	<ul style="list-style-type: none"> • Recognise when people are putting me under pressure and can explain ways to resist this when I want to. • Identify feelings of anxiety and fear associated with peer pressure.

Relationships

EYFS	Year One	Year Two	Year Three	Year Four
<ul style="list-style-type: none"> • Know how to make friends. • Try to solve friendship problems when they occur. • Help others feel part of a group. • Show respect when dealing with other people. • Know how to help themselves and others when they feel upset. • Know and show what makes a good friendship. 	<ul style="list-style-type: none"> • Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. • I can also explain how my qualities help these relationships. • Give examples of behaviour in other people that I appreciate and behaviours that I don't like. 	<ul style="list-style-type: none"> • Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. • Give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships. 	<ul style="list-style-type: none"> • Explain how my life is influenced positively by people I know and also by people from other countries. • Explain why my choices might affect my family, friendships and people around the world who I don't know. 	<ul style="list-style-type: none"> • Recognise how people are feeling when they miss a special person or animal. • Give ways that might help me manage my feelings when missing a special person or animal.

Changing me

EYFS	Year One	Year Two	Year Three	Year Four
<ul style="list-style-type: none"> • Understand that everyone is unique and special • Can express how they feel when they are happy • Understand and respect changes which happen in them • Understand changes which happen in them • Look forward to change 	<ul style="list-style-type: none"> • Compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older • I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private • Explain why some changes I might experience might feel better than others. 	<ul style="list-style-type: none"> • Use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. • I can explain why some types of touches feel OK and others don't. • Tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me. 	<ul style="list-style-type: none"> • Explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. • Recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings. 	<ul style="list-style-type: none"> • Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. • Explain some of the choices I might make in the future and some of the choices that I have no control over. • I can offer some suggestions about how I might manage my feelings when changes happen.