

## Relationship and Health Jigsaw progression map



Being Me in My World Puzzle – Autumn 1						
DfE Statutory Relationships & Health Education outcomes	EYFS	Year 1	Year 2	Year 3	Year 4	
	<p><b>PSED – ELG: SELF-REGULATION</b> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p><b>ELG: MANAGING SELF</b> Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p><b>PSED – ELG: BUILDING RELATIONSHIPS</b> Work and play co-operatively and take turns with others.</p> <p>Show sensitivity to their own and to others' needs.</p> <p>Work and play co-operatively and take turns with others.</p> <p>Show sensitivity to their own and to others' needs.</p>	<p><b>Relationships Education – By end of primary, pupils should know:</b></p> <p><b>Caring friendships</b> (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded (R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p><b>Respectful relationships</b> (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R14) the conventions of courtesy and manners (R15) the importance of self-respect and how this links to their own happiness (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p><b>Online relationships</b> (R21) that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, including when we are anonymous Being safe (R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) (R32) where to get advice e.g. family, school and/or other sources.</p> <p><b>Physical Health and Well-Being – By end of primary, pupils should know:</b></p> <p><b>Mental well-being</b> (H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations (H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings (H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate (H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p>				
	<b>Puzzle overview</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>
	<b>Being Me in My World</b>	In this Puzzle (unit), the children learn about how they have similarities and differences from their friends and how that is OK. They begin working on recognising and	In this Puzzle (unit), the children are introduced to their Jigsaw Journals and discuss their Jigsaw Charter. As part of this, they discuss rights and responsibilities, and choices and	In this Puzzle (unit), the children discuss their hopes and fears for the year ahead – they talk about feeling worried and recognising when they should ask for help and who to ask. They learn about	In this Puzzle (unit), the children learn to recognise their self-worth and identify positive things about themselves and their achievements. They discuss new challenges and how to face them with	In this Puzzle (unit), the children explore being part of a team. They talk about attitudes and actions and their effects on the whole class. The children learn

	<p>managing their feelings, identifying different ones and the causes these can have. The children learn about working with others and why it is good to be kind and use gentle hands. They discuss children's rights, especially linked to the right to learn and the right to play. The children learn what it means to be responsible.</p>	<p>consequences. The children learn about being special and how to make everyone feel safe in their class as well as recognising their own safety.</p>	<p>rights and responsibilities; how to work collaboratively, how to listen to each other and how to make their classroom a safe and fair place. The children learn about choices and the consequences of making different choices, set up their Jigsaw Journals and make the Jigsaw Charter.</p>	<p>appropriate positivity. The children learn about the need for rules and how these relate to rights and responsibilities. They explore choices and consequences, working collaboratively and seeing things from other people's points of view. The children learn about different feelings and the ability to recognise these feelings in themselves and others. They set up their Jigsaw Journals and establish the Jigsaw Charter.</p>	<p>about their school and its community, who all the different people are and what their roles are. They discuss democracy and link this to their own School Council, what its purpose is and how it works. The children learn about group work, the different roles people can have, how to make positive contributions, how to make collective decisions and how to deal with conflict. They also learn about considering other people's feelings. They refresh their Jigsaw Charter and set up their Jigsaw Journals.</p>
<b>Taught knowledge</b>	<ul style="list-style-type: none"> <li>• Know they have a right to learn and play, safely and happily</li> <li>• Know that some people are different from themselves</li> <li>• Know that hands can be used kindly and unkindly</li> <li>• Know special things about themselves</li> <li>• Know how happiness and sadness can be expressed</li> <li>• Know that being kind is good</li> </ul>	<ul style="list-style-type: none"> <li>• Understand their own rights and responsibilities with their classroom</li> <li>• Understand that their choices have consequences</li> <li>• Understand that their views are important</li> <li>• Understand the rights and responsibilities of a member of a class</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the rights and responsibilities of class members</li> <li>• Know about rewards and consequences and that these stem from choices</li> <li>• Know that it is important to listen to other people</li> <li>• Understand that their own views are valuable</li> <li>• Know that positive choices impact positively on self-learning and the learning of others</li> <li>• Identifying hopes and fears for the year ahead</li> </ul>	<ul style="list-style-type: none"> <li>• Know that the school has a shared set of values</li> <li>• Know why rules are needed and how these relate to choices and consequences</li> <li>• Know that actions can affect others' feelings</li> <li>• Know that others may hold different views</li> <li>• Understand that they are important</li> <li>• Know what a personal goal is</li> <li>• Understanding what a challenge is</li> </ul>	<ul style="list-style-type: none"> <li>• Know their place in the school community</li> <li>• Know what democracy is (applied to pupil voice in school)</li> <li>• Know how groups work together to reach a consensus</li> <li>• Know that having a voice and democracy benefits the school community</li> <li>• Know how individual attitudes and actions make a difference to a class</li> <li>• Know about the different roles in the school community</li> </ul>

					<ul style="list-style-type: none"> <li>• Know that their own actions affect themselves and others</li> </ul>
<b>Social and Emotional skills</b>	<ul style="list-style-type: none"> <li>• Skills to play co-operatively with others</li> <li>• Identify feelings associated with belonging</li> <li>• Be able to consider others' feelings</li> <li>• Identify feelings of happiness and sadness</li> <li>• Be responsible in the setting</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that they are safe in their class</li> <li>• Identifying helpful behaviours to make the class a safe place</li> <li>• Understand that they have choices</li> <li>• Understanding that they are special</li> <li>• Identify what it's like to feel proud of an achievement</li> <li>• Recognise feelings associated with positive and negative consequences</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to make their class a safe and fair place</li> <li>• Show good listening skills</li> <li>• Be able to work co-operatively</li> <li>• Recognise own feelings and know when and where to get help</li> <li>• Recognise the feeling of being worried</li> </ul>	<ul style="list-style-type: none"> <li>• Make other people feel valued</li> <li>• Develop compassion and empathy for others</li> <li>• Be able to work collaboratively</li> <li>• Recognise self-worth</li> <li>• Identify personal strengths</li> <li>• Be able to set a personal goal</li> <li>• Recognise feelings of happiness, sadness, worry and fear in themselves and others</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the feelings associated with being included or excluded</li> <li>• Be able to take on a role in a group discussion / task and contribute to the overall outcome</li> <li>• Know how to regulate my emotions</li> <li>• Can make others feel cared for and welcome</li> <li>• Recognise the feelings of being motivated or unmotivated</li> <li>• Can make others feel valued and included</li> <li>• Understand why the school community benefits from a Learning Charter</li> <li>• Be able to help friends make positive choices</li> </ul>
<b>Vocabulary</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>
	Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns	Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration	Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-Operate, Problem-Solving	Welcome, Valued, Achievements, Pleased, Personal Goal, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Fairness, Group Dynamics, Team Work, View Point, Ideal School, Belong	Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)

Celebrating Difference Puzzle – Autumn 2					
DfE Statutory Relationships & Health Education outcomes	EYFS	Year 1	Year 2	Year 3	Year 4
	<p><b>PSED – ELG: SELF-REGULATION</b> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p><b>PSED – ELG: BUILDING RELATIONSHIPS</b> Show sensitivity to their own and to others' needs.</p>	<p><b>Relationships Education – By end of primary, pupils should know:</b></p> <p><b>Families and the people who care for me</b> (R1) that families are important for children growing up because they can give love, security and stability (R2) the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives (R3) that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care (R4) that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up (R5) that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (R6) how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p><b>Caring friendships</b> (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded (R10) that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right (R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p><b>Respectful relationships</b> (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R14) the conventions of courtesy and manners (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (R17) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help (R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive (R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p><b>Online relationships</b> (R20) that people sometimes behave differently online, including by pretending to be someone they are not</p>			

		<p>(R21) that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</p> <p>(R22) the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>(R23) how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p><b>Being safe</b></p> <p>(R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>(R29) how to recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>(R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p>(R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so</p> <p>(R32) where to get advice e.g. family, school and/or other sources.</p> <p><b>Physical Health and Well-Being – By end of primary, pupils should know:</b></p> <p><b>Mental well-being</b></p> <p>(H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p>(H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>(H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p>(H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>(H8) that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being</p> <p>(H9) where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online).</p> <p><b>Internet safety and harms</b></p> <p>(H13) how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</p> <p>(H15) that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</p> <p>(H17) where and how to report concern and get support with issues online.</p>			
Puzzle overview Being Me in My World	EYFS	Year 1	Year 2	Year 3	Year 4
	In this Puzzle (unit), children are encouraged to think about things that they are good at whilst understanding that everyone is good at different things. They discuss being different and how that makes everyone special but also recognise that we are the same in some ways. The children share their experiences of	In this Puzzle (unit), the children explore the similarities and differences between people and how these make us unique and special. The children learn what bullying is and what it isn't. They talk about how it might feel to be bullied and when and who to ask for help. The children discuss friendship, how to make friends and that it is OK to have differences/be different from their	In this Puzzle (unit), the children learn about recognise gender stereotypes, that boys and girls can have differences and similarities and that is OK. They explore how children can be bullied because they are different, that this shouldn't happen and how they can support a classmate who is being bullied.	In this Puzzle (unit), the children learn about families, that they are all different and that sometimes they fall out with each other. The children practise methods to calm themselves down and discuss the 'Solve it together' technique. The children revisit the topic of bullying and discuss being a witness (bystander); they discover how a witness has choices	In this Puzzle (unit), the children consider the concept of judging people by their appearance, of first impressions and of what influences their thinking on what is normal. They explore more about bullying, including online bullying and what to do if they suspect or know that it is taking place. They discuss the pressures of being a witness and why some people choose to join in or choose to not tell anyone about what they have seen. The children share their own



	<p>their homes and are asked to explain why it is special to them. They learn about friendship and how to be a kind friend and how to stand up for themselves if someone says or does something unkind to them.</p>	<p>friends. The children also discuss being nice to and looking after other children who might be being bullied.</p>	<p>The children share feelings associated with bullying and how and where to get help. They explore similarities and differences and that it is OK for friends to have differences without it affecting their friendship.</p>	<p>and how these choices can affect the bullying that is taking place. The children also talk about using problem-solving techniques in bullying situations. They discuss name-calling and practise choosing not to use hurtful words. They also learn about giving and receiving compliments and the feelings associated with this.</p>	<p>uniqueness and what is special about themselves. They talk about first impressions and when their own first impressions of someone have changed.</p>
<b>Taught knowledge</b>	<ul style="list-style-type: none"> <li>•Know what being unique means</li> <li>•Know the names of some emotions such as happy, sad, frightened, angry</li> <li>•Know why having friends is important</li> <li>•Know some qualities of a positive friendship</li> <li>•Know that they don't have to be 'the same as' to be a friend</li> <li>•Know what being proud means and that people can be proud of different things</li> <li>•Know that people can be good at different things</li> <li>•Know that families can be different</li> <li>•Know that people have different homes and why they are important to them</li> <li>•Know different ways of making friends</li> </ul>	<ul style="list-style-type: none"> <li>•Know what bullying means</li> <li>•Know who to tell if they or someone else is being bullied or is feeling unhappy</li> <li>•Know that people are unique and that it is OK to be different</li> <li>•Know skills to make friendships</li> <li>•Know that people have differences and similarities</li> </ul>	<ul style="list-style-type: none"> <li>•Know the difference between a one-off incident and bullying</li> <li>•Know that sometimes people get bullied because of difference</li> <li>•Know that friends can be different and still be friends</li> <li>•Know there are stereotypes about boys and girls</li> <li>•Know where to get help if being bullied</li> <li>•Know that it is OK not to conform to gender stereotypes</li> <li>•Know it is good to be yourself</li> <li>•Know the difference between right and wrong and the role that choice has to play in this</li> </ul>	<ul style="list-style-type: none"> <li>•Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</li> <li>•Know that conflict is a normal part of relationships</li> <li>•Know that some words are used in hurtful ways and that this can have consequences</li> <li>•Know why families are important</li> <li>•Know that everybody's family is different</li> <li>•Know that sometimes family members don't get along and some reasons for this</li> </ul>	<ul style="list-style-type: none"> <li>•Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying</li> <li>•Know the reasons why witnesses sometimes join in with bullying and don't tell anyone</li> <li>•Know that sometimes people make assumptions about a person because of the way they look or act</li> <li>•Know there are influences that can affect how we judge a person or situation</li> <li>•Know what to do if they think bullying is or might be taking place</li> <li>•Know that first impressions can change</li> </ul>

	<ul style="list-style-type: none"> <li>•Know different ways to stand up for myself</li> </ul>				
<b>Social and Emotional skills</b>	<ul style="list-style-type: none"> <li>•Recognise emotions when they or someone else is upset, frightened or angry</li> <li>•Identify and use skills to make a friend</li> <li>•Identify some ways they can be different and the same as others</li> <li>•Identify and use skills to stand up for themselves</li> <li>•Identify feelings associated with being proud</li> <li>•Identify things they are good at</li> <li>•Be able to vocalise success for themselves and about others successes</li> <li>•Recognise similarities and differences between their family and other families</li> </ul>	<ul style="list-style-type: none"> <li>•Identify what is bullying and what isn't</li> <li>•Understand how being bullied might feel</li> <li>•Recognise ways in which they are the same as their friends and ways they are different</li> <li>•Know ways to help a person who is being bullied</li> <li>•Identify emotions associated with making a new friend</li> <li>•Verbalise some of the attributes that make them unique and special</li> </ul>	<ul style="list-style-type: none"> <li>•Explain how being bullied can make someone feel</li> <li>•Know how to stand up for themselves when they need to</li> <li>•Understand that everyone's differences make them special and unique</li> <li>•Understand that boys and girls can be similar in lots of ways and that is OK</li> <li>•Understand that boys and girls can be different in lots of ways and that is OK</li> <li>•Can choose to be kind to someone who is being bullied</li> <li>•Recognise that they shouldn't judge people because they are different</li> </ul>	<ul style="list-style-type: none"> <li>•Use the 'Solve it together' technique to calm and resolve conflicts with friends and family</li> <li>•Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary</li> <li>•Be able to show appreciation for their families, parents and carers</li> <li>•Empathise with people who are bullied</li> <li>•Employ skills to support someone who is bullied</li> <li>•Be able to recognise, accept and give compliments</li> <li>•Recognise feelings associated with receiving a compliment</li> </ul>	<ul style="list-style-type: none"> <li>•Be comfortable with the way they look</li> <li>•Try to accept people for who they are</li> <li>•Be non-judgemental about others who are different</li> <li>•Identify influences that have made them think or feel positively/negatively about a situation</li> <li>•Identify feelings that a bystander might feel in a bullying situation</li> <li>•Identify reasons why a bystander might join in with bullying</li> <li>•Revisit the 'Solve it together' technique to practise conflict and bullying scenarios</li> <li>•Identify their own uniqueness</li> <li>•Identify when a first impression they had was right or wrong</li> </ul>
<b>Vocabulary</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>
	Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family	Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique	Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Unique, Value	Loving, Caring, Safe, Connected, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Feelings, Tell, Consequences, Hurtful, Compliment,	Character, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Secret, Deliberate, On purpose, Bystander, Witness, Problem-solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed

Dreams and Goals Puzzle – Spring 1					
DfE Statutory Relationships & Health Education outcomes	EYFS	Year 1	Year 2	Year 3	Year 4
	<p>PSED ELG – SELF-REGULATION Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p>	<p><b>Relationships Education – By end of primary, pupils should know:</b></p> <p><b>Respectful relationships</b> (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R14) the conventions of courtesy and manners (R15) the importance of self-respect and how this links to their own happiness (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p><b>Being safe</b> (R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard.</p> <p><b>Physical Health and Well-Being – By end of primary, pupils should know:</b></p> <p><b>Mental well-being</b> (H1) that mental well-being is a normal part of daily life, in the same way as physical health (H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations (H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings (H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p>			
	<p>PSED ELG: MANAGING SELF Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p>				
	<p>PSED – ELG: BUILDING RELATIONSHIPS Work and play co-operatively and take turns with others.</p>				
	Puzzle	Year 1	Year 2	Year 3	Year 4



<p><b>overview</b> <b>Being Me</b> <b>in My</b> <b>World</b></p>	<p>In this Puzzle, the children consider challenges and facing up to them. They discuss not giving up and trying until they have achieved their goal. The children are encouraged to think about jobs that they might like to have when they are older and are taught to associate what they learn now with being able to have the job they want. They also talk about achieving goals and the feelings linked to this.</p>	<p>In this Puzzle, the children talk about setting simple goals, how to achieve them as well as overcoming difficulties when they try. The children learn to recognise the feelings associated with facing obstacles to achieving their goals as well as when they achieve them. They discuss partner working and how to do this well.</p>	<p>In this Puzzle, the children explore setting realistic goals and how they can achieve them. They discuss perseverance when they find things difficult as well as recognising their strengths as a learner. The children consider group work and reflect on with whom they work well and with whom they don't. They also reflect on sharing success with other people.</p>	<p>In this Puzzle, the children look at examples of people who have overcome challenges to achieve success and discuss what they can learn from these stories. The children identify their own dreams and ambitions and discuss how it will feel when they achieve them. They discuss facing learning challenges and identify their own strategies for overcoming these. The children consider obstacles that might stop them from achieving their goals and how to overcome these. They reflect on their progress and successes and identify what they could do better next time.</p>	<p>In this Puzzle, the children consider their hopes and dreams. They discuss how it feels when dreams don't come true and how to cope with/overcome feelings of disappointment. The children discuss making new plans and setting new goals even if they have been disappointed. The class explore group work and overcoming challenges together. They reflect on their successes and the feelings associated with overcoming a challenge.</p>
<p><b>Taught knowledge</b></p>	<ul style="list-style-type: none"> <li>•Know what a challenge is</li> <li>•Know that it is important to keep trying</li> <li>•Know what a goal is</li> <li>•Know how to set goals and work towards them</li> <li>•Know which words are kind</li> <li>•Know some jobs that they might like to do when they are older</li> <li>•Know that they must work hard now in order to be able to achieve the job they want when they are older</li> </ul>	<ul style="list-style-type: none"> <li>•Know how to set simple goals</li> <li>•Know how to achieve a goal</li> <li>•Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them</li> <li>•Know when a goal has been achieved</li> <li>•Know how to work well with a partner</li> <li>•Know that tackling a challenge can stretch their learning</li> </ul>	<ul style="list-style-type: none"> <li>•Know how to choose a realistic goal and think about how to achieve it</li> <li>•Know that it is important to persevere</li> <li>•Know how to recognise what working together well looks like</li> <li>•Know what good group-working looks like</li> <li>•Know how to share success with other people</li> </ul>	<ul style="list-style-type: none"> <li>•Know that they are responsible for their own learning</li> <li>•Know what an obstacle is and how they can hinder achievement</li> <li>•Know how to take steps to overcome obstacles</li> <li>•Know what dreams and ambitions are important to them</li> <li>•Know about specific people who have overcome difficult challenges to achieve success</li> <li>•Know how they can best overcome learning challenges</li> </ul>	<ul style="list-style-type: none"> <li>•Know how to make a new plan and set new goals even if they have been disappointed</li> <li>•Know how to work as part of a successful group</li> <li>•Know how to share in the success of a group</li> <li>•Know what their own hopes and dreams are</li> <li>•Know that hopes and dreams don't always come true</li> <li>•Know that reflecting on positive and happy experiences can help them to</li> </ul>

	<ul style="list-style-type: none"> <li>•Know when they have achieved a goal</li> </ul>			<ul style="list-style-type: none"> <li>•Know what their own strengths are as a learner</li> <li>•Know how to evaluate their own learning progress and identify how it can be better next time</li> </ul>	<ul style="list-style-type: none"> <li>counteract disappointment</li> <li>•Know how to work out the steps they need to take to achieve a goal</li> </ul>
<b>Social and Emotional skills</b>	<ul style="list-style-type: none"> <li>•Understand that challenges can be difficult</li> <li>•Resilience</li> <li>•Recognise some of the feelings linked to perseverance</li> <li>•Recognise how kind words can encourage people</li> <li>•Talk about a time that they kept on trying and achieved a goal</li> <li>•Be ambitious</li> <li>•Feel proud</li> <li>•Celebrate success</li> </ul>	<ul style="list-style-type: none"> <li>•Recognise things that they do well</li> <li>•Explain how they learn best</li> <li>•Recognise their own feelings when faced with a challenge/obstacle</li> <li>•Recognise how they feel when they overcome a challenge/obstacle</li> <li>•Celebrate an achievement with a friend</li> <li>•Can store feelings of success so that they can be used in the future</li> </ul>	<ul style="list-style-type: none"> <li>•Recognise how working with others can be helpful</li> <li>•Be able to work effectively with a partner</li> <li>•Be able to choose a partner with whom they work well</li> <li>•Be able to work as part of a group</li> <li>•Be able to describe their own achievements and the feelings linked to this</li> <li>•Recognise their own strengths as a learner</li> <li>•Recognise how it feels to be part of a group that succeeds and store this feeling</li> </ul>	<ul style="list-style-type: none"> <li>•Can break down a goal into small steps</li> <li>•Can manage feelings of frustration linked to facing obstacles</li> <li>•Imagine how it will feel when they achieve their dream/ambition</li> <li>•Recognise other people's achievements in overcoming difficulties</li> <li>•Recognise how other people can help them to achieve their goals</li> <li>•Can share their success with others</li> <li>•Can store feelings of success (in their internal treasure chest) to be used at another time</li> </ul>	<ul style="list-style-type: none"> <li>•Have a positive attitude</li> <li>•Can identify the feeling of disappointment</li> <li>•Be able to cope with disappointment</li> <li>•Can identify what resilience is</li> <li>•Can identify a time when they have felt disappointed</li> <li>•Can talk about their hopes and dreams and the feelings associated with these</li> <li>•Help others to cope with disappointment</li> <li>•Enjoy being part of a group challenge</li> <li>•Can share their success with others</li> <li>•Can store feelings of success (in their internal treasure chest) to be used at another time</li> </ul>
<b>Vocabulary</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>
	Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage	Proud, Success, Treasure, Coins, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve	Realistic, Achievement, Goal, Strength, Persevere, Difficult, Easy, Learning Together, Partner, Product	Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Enterprise, Design, Co-operation, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible,	Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise

				Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Evaluate	
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Healthy Me Puzzle – Spring 2					
	EYFS	Year 1	Year 2	Year 3	Year 4
	<p>PSED – ELG: SELF-REGULATION Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>PSED ELG: MANAGING SELF Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>	<p><b>Relationships Education – By end of primary, pupils should know:</b></p> <p><b>Caring friendships</b> (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded (R10) that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right (R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p><b>Respectful relationships</b> (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R14) the conventions of courtesy and manners (R15) the importance of self-respect and how this links to their own happiness (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in</p>			

positions of authority

(R19) the importance of permission seeking and giving in relationships with friends, peers and adults.

### **Online relationships**

(R20) that people sometimes behave differently online, including by pretending to be someone they are not

(R21) that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous

(R22) the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them

(R23) how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met

(R24) how information and data is shared and used online.

### **Being safe**

(R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)

(R26) about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe

(R28) how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know

(R29) how to recognise and report feelings of being unsafe or feeling bad about any adult

(R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard

(R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so

(R32) where to get advice e.g. family, school and/or other sources.

**Physical Health and Well-Being – By end of primary, pupils should know:**

### **Mental well-being**

(H1) that mental well-being is a normal part of daily life, in the same way as physical health

(H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations

(H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings

(H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate

(H5) the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness

(H6) simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

(H9) where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online)

### **Internet safety and harms**

(H11) that for most people the internet is an integral part of life and has many benefits

(H12) about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical well-being

(H17) where and how to report concerns and get support with issues online.

### **Physical health and fitness**

(H18) the characteristics and mental and physical benefits of an active lifestyle

(H19) the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise

(H20) the risks associated with an inactive lifestyle (including obesity)

(H21) how and when to seek support including which adults to speak to in school if they are worried about their health.

### **Healthy eating**

		<p>(H22) what constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p>(H23) the principles of planning and preparing a range of healthy meals</p> <p>(H24) the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <p><b>Health and prevention</b></p> <p>(H26) how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body</p> <p>(H28) the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p> <p>(H30) about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing</p> <p>(H31) the facts and science relating to allergies, immunisation and vaccination.</p> <p><b>Basic first aid</b></p> <p>(H32) how to make a clear and efficient call to emergency services if necessary</p>			
<b>Puzzle overview Being Me in My World</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>
	In this Puzzle, children learn about their bodies: the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss 'stranger danger' and what they should do if approached by someone they don't know.	In this Puzzle, the children learn about healthy and less healthy choices and how these choices make them feel. They explore about hygiene, keeping themselves clean and that germs can make you unwell. The children learn about road safety, and about people who can help them to stay safe.	In this Puzzle, the children learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children consider what makes them feel relaxed and stressed. They learn about medicines, how they work and how to use them safely. The children make healthy snacks and discuss why they are good for their bodies.	In this Puzzle, the children learn about the importance of exercise and how it helps your body to stay healthy. They also learn about their heart and lungs, what they do and how they are very important. The children discover facts about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. The children learn about different types of drugs, the ones you take to make you better, as well as other drugs. The children consider things, places and people that are dangerous and link this to strategies for keeping themselves safe.	In this Puzzle, the children look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and what role they play. The children reflect on their friendships, how different people make them feel and which friends they value the most. The children also learn about smoking and its effects on health; they do the same with alcohol and then look at the reasons why people might drink or smoke. Finally, they learn about peer pressure and how to deal with it successfully.
<b>Taught knowledge</b>	<ul style="list-style-type: none"> <li>•Know what the word 'healthy' means</li> <li>•Know some things that they need to do to keep healthy</li> <li>•Know the names for some parts of</li> </ul>	<ul style="list-style-type: none"> <li>•Know the difference between being healthy and unhealthy</li> <li>•Know some ways to keep healthy</li> </ul>	<ul style="list-style-type: none"> <li>•Know what their body needs to stay healthy</li> <li>•Know what relaxed means</li> <li>•Know why healthy snacks are good for their bodies</li> </ul>	<ul style="list-style-type: none"> <li>•Know how exercise affects their bodies</li> <li>•Know that the amount of calories, fat and sugar that they put into their bodies will affect their health</li> </ul>	<ul style="list-style-type: none"> <li>•Know that there are leaders and followers in groups</li> <li>•Know the facts about smoking and its effects on health</li> </ul>



	<p>their body</p> <ul style="list-style-type: none"> <li>•Know when and how to wash their hands properly</li> <li>•Know how to say no to strangers</li> <li>•Know that they need to exercise to keep healthy</li> <li>•Know how to help themselves go to sleep and that sleep is good for them</li> <li>•Know what to do if they get lost</li> </ul>	<ul style="list-style-type: none"> <li>•Know how to make healthy lifestyle choices</li> <li>•Know that all household products, including medicines, can be harmful if not used properly</li> <li>•Know that medicines can help them if they feel poorly</li> <li>•Know how to keep safe when crossing the road</li> <li>•Know how to keep themselves clean and healthy</li> <li>•Know that germs cause disease/illness</li> <li>•Know about people who can keep them safe</li> </ul>	<ul style="list-style-type: none"> <li>•Know which foods given their bodies energy</li> <li>•Know that it is important to use medicines safely</li> <li>•Know what makes them feel relaxed/stressed</li> <li>•Know how medicines work in their bodies</li> <li>•Know how to make some healthy snacks</li> </ul>	<ul style="list-style-type: none"> <li>•Know that there are things, places and people that can be dangerous</li> <li>•Know when something feels safe or unsafe</li> <li>•Know why their hearts and lungs are such important organs</li> <li>•Know a range of strategies to keep themselves safe</li> <li>•Know that their bodies are complex and need taking care of</li> </ul>	<ul style="list-style-type: none"> <li>•Know the facts about alcohol and its effects on health, particularly the liver</li> <li>•Know ways to resist when people are putting pressure on them</li> <li>•Know what they think is right and wrong</li> <li>•Know how different friendship groups are formed and how they fit into them</li> <li>•Know which friends they value most</li> <li>•Know that they can take on different roles according to the situation</li> <li>•Know some of the reasons some people start to smoke</li> <li>•Know some of the reasons some people drink alcohol</li> </ul>
<b>Social and Emotional skills</b>	<ul style="list-style-type: none"> <li>•Can explain what they need to do to stay healthy</li> <li>•Recognise how exercise makes them feel</li> <li>•Can give examples of healthy food</li> <li>•Can explain what to do if a stranger approaches them</li> <li>•Can explain how they might feel if they don't get enough sleep</li> <li>•Recognise how</li> </ul>	<ul style="list-style-type: none"> <li>•Keep themselves safe</li> <li>•Recognise how being healthy helps them to feel happy</li> <li>•Recognise ways to look after themselves if they feel poorly</li> <li>•Recognise when they feel frightened and know how to ask for help</li> <li>•Feel good about themselves when they make healthy choices</li> </ul>	<ul style="list-style-type: none"> <li>•Feel positive about caring for their bodies and keeping it healthy</li> <li>•Have a healthy relationship with food</li> <li>•Desire to make healthy lifestyle choices</li> <li>•Identify when a feeling is weak and when a feeling is strong</li> <li>•Express how it feels to share healthy food with their friends</li> </ul>	<ul style="list-style-type: none"> <li>•Respect their own bodies and appreciate what they do</li> <li>•Can take responsibility for keeping themselves and others safe</li> <li>•Can express how being anxious or scared feels</li> <li>•Able to set themselves a fitness challenge</li> <li>•Recognise what it feels like to make a healthy choice</li> </ul>	<ul style="list-style-type: none"> <li>•Can identify the feelings that they have about their friends and different friendship groups</li> <li>•Recognise negative feelings in peer pressure situations</li> <li>•Can identify the feelings of anxiety and fear associated with peer pressure</li> <li>•Can tap into their inner</li> </ul>

	different foods can make them feel	<ul style="list-style-type: none"> <li>•Realise that they are special</li> </ul>			<p>strength and know-how to be assertive</p> <ul style="list-style-type: none"> <li>•Recognise how different people and groups they interact with impact on them</li> <li>•Identify which people they most want to be friends with</li> </ul>
Vocabulary	EYFS	Year 1	Year 2	Year 3	Year 4
	Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scare	Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait	Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Dangerous, Medicines, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious	Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Attitude, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice	Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong

Relationships Puzzle – Summer 1					
DfE Statutory Relationships & Health Education outcomes	EYFS	Year 1	Year 2	Year 3	Year 4
	<p>PSED – ELG SELF-REGULATION</p> <p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in</p>	<p>Relationships Education – By end of primary, pupils should know:</p> <p><b>Families and the people who care for me</b></p> <p>(R1) that families are important for children growing up because they can give love, security and stability</p> <p>(R2) the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</p> <p>(R3) that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</p> <p>(R4) that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up</p>			

	<p>activity, and show an ability to follow instructions involving several ideas or actions.</p> <p><b>PSED – ELG: BUILDING RELATIONSHIPS</b> Form positive attachments to adults and friendships with peers.</p>	<p>(R5) that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (R6) how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p><b>Caring friendships</b> (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded (R10) that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right (R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p><b>Respectful relationships</b> (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R14) the conventions of courtesy and manners (R15) the importance of self-respect and how this links to their own happiness (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (R17) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help (R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive (R19) the importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p><b>Online relationships</b> (R20) that people sometimes behave differently online, including by pretending to be someone they are not (R21) that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous (R22) the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them (R23) how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met (R24) how information and data is shared and used online.</p> <p><b>Being safe</b> (R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) (R26) about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe (R27) that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact (R28) how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know (R29) how to recognise and report feelings of being unsafe or feeling bad about any adult (R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard (R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so (R32) where to get advice e.g. family, school and/or other sources.</p> <p>Physical Health and Well-Being – By end of primary, pupils should know:</p> <p><b>Mental well-being</b></p>
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		<p>(H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p>(H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>(H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p>(H5) the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness</p> <p>(H6) simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>(H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>(H8) that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being</p> <p>(H9) where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online)</p> <p>(H10) it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> <p><b>Internet safety and harms</b></p> <p>(H11) that for most people the internet is an integral part of life and has many benefits</p> <p>(H12) about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical well-being</p> <p>(H13) how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</p> <p>(H14) why social media, some computer games and online gaming, for example, are age restricted</p> <p>(H15) that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</p> <p>(H16) how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted</p> <p>(H17) where and how to report concerns and get support with issues online.</p>				
Puzzle overview Being Me in My World	EYFS	Year 1	Year 2	Year 3	Year 4	
	Children are introduced to the key relationships in their lives. They learn about families and the different roles people can have in a family. They explore the friendships they have and what makes a good friend. They are introduced to simple strategies they can use to mend friendships. The children also practise Jigsaw's Calm Me and how they can use this when feeling upset or angry.	Children's breadth of relationships is widened to include people they may find in their school community. They consider their own significant relationships (family, friends and school community) and why these are special and important. As part of the lessons on healthy and safe relationships, children learn that touch can be used in kind and unkind ways. This supports later work on safeguarding.	Learning about family relationships widens to include roles and responsibilities in a family and the importance of co-operation, appreciation and trust. Friendships are also revisited with a focus on falling out and mending friendships. This becomes more formalised and the children learn and practise two different strategies for conflict resolution (Solve it together and Mending Friendships).	In this Puzzle, children revisit family relationships and identify the different expectations and roles that exist within the family home. They identify why stereotypes can be unfair and may not be accurate, e.g. Mum is the carer, Dad goes to work. They also look at careers and why stereotypes can be unfair in this context. They learn that families should be founded on love, respect, appreciation, trust	Learning in this year group starts focussing on the emotional aspects of relationships and friendships. With this in mind, children explore jealousy and loss/ bereavement. They identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change. The children learn that change is a natural in relationships and they will experience (or may have already experienced) some of these changes. Children revisit skills of negotiation particularly to help manage a change in a relationship. They also learn that sometimes it is	

		<p>Pupils also consider their own personal attributes as a friend, family member and as part of a community, and are encouraged to celebrate these.</p>	<p>Children consider the importance of trust in relationships and what this feels like. They also learn about two types of secret, and why 'worry secrets' should always be shared with a trusted adult. Children reflect upon different types of physical contact in relationships, which are acceptable and which ones are not. They practise strategies for being assertive when someone is hurting them or being unkind. The children also learn about people who can help them if they are worried or scared.</p>	<p>and co-operation. Children are reminded about the Solve it together technique for negotiating conflict situations and the concept of a win-win outcome is introduced.</p> <p>Online relationships through gaming and apps are explored and children are introduced to some rules for staying safe online. Children also learn that they are part of a global community and they are connected to others they don't know in many ways, e.g. through global trade. They investigate the wants and needs of other children who are less fortunate and compare these with their own. Children's universal rights are also revisited.</p>	<p>better if relationships end, especially if they are causing negative feelings or they are unsafe. Children are taught that relationship endings can be amicable.</p>
Taught knowledge	<ul style="list-style-type: none"> <li>•Know what a family is</li> <li>•Know that different people in a family have different responsibilities (jobs)</li> <li>•Know some of the characteristics of healthy and safe friendships</li> <li>•Know that friends sometimes fall out</li> <li>•Know some ways to mend a friendship</li> <li>•Know that unkind words can never be taken back and</li> </ul>	<ul style="list-style-type: none"> <li>•Know that everyone's family is different</li> <li>•Know that families are founded on belonging, love and care</li> <li>•Know that physical contact can be used as a greeting</li> <li>•Know how to make a friend</li> <li>•Know who to ask for help in the school community</li> <li>•Know that there are lots of</li> </ul>	<ul style="list-style-type: none"> <li>•Know that there are lots of forms of physical contact within a family</li> <li>•Know how to stay stop if someone is hurting them</li> <li>•Know there are good secrets and worry secrets and why it is important to share worry secrets</li> <li>•Know what trust is</li> <li>•Know that everyone's family is different</li> </ul>	<ul style="list-style-type: none"> <li>•Know that different family members carry out different roles or have different responsibilities within the family</li> <li>•Know some of the skills of friendship, e.g. taking turns, being a good listener</li> <li>•Know some strategies for keeping themselves safe online</li> <li>•Know that they and all children have rights (UNCRC)</li> </ul>	<ul style="list-style-type: none"> <li>•Know some reasons why people feel jealousy</li> <li>•Know that loss is a normal part of relationships</li> <li>•Know that negative feelings are a normal part of loss</li> <li>•Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe</li> <li>•Know that jealousy can be damaging to relationships</li> <li>•Know that memories can support us when we</li> </ul>



	<p>they can hurt</p> <ul style="list-style-type: none"> <li>•Know how to use Jigsaw's Calm Me to help when feeling angry</li> <li>•Know some reasons why others get angry</li> </ul>	<p>different types of families</p> <ul style="list-style-type: none"> <li>•Know the characteristics of healthy and safe friends</li> <li>•Know about the different people in the school community and how they help</li> </ul>	<ul style="list-style-type: none"> <li>•Know that families function well when there is trust, respect, care, love and co-operation</li> <li>•Know some reasons why friends have conflicts</li> <li>•Know that friendships have ups and downs and sometimes change with time</li> <li>•Know how to use the Mending Friendships or Solve it together problem-solving methods</li> </ul>	<ul style="list-style-type: none"> <li>•Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc</li> <li>•Know how some of the actions and work of people around the world help and influence my life</li> <li>•Know the lives of children around the world can be different from their own</li> </ul>	<p>lose a special person or animal</p>
Social and Emotional skills	<ul style="list-style-type: none"> <li>•Can identify what jobs they do in their family and those carried out by parents/carers and siblings</li> <li>•Can suggest ways to make a friend or help someone who is lonely</li> <li>•Can use different ways to mend a friendship</li> <li>•Can recognise what being angry feels like</li> <li>•Can use Calm Me when angry or upset</li> </ul>	<ul style="list-style-type: none"> <li>•Can express how it feels to be part of a family and to care for family members</li> <li>•Can say what being a good friend means</li> <li>•Can identify forms of physical contact they prefer</li> <li>•Can say no when they receive a touch they don't like</li> <li>•Can show skills of friendship</li> <li>•Can praise themselves and others</li> <li>•Can recognise some of their personal qualities</li> <li>•Can say why they appreciate a special relationship</li> </ul>	<ul style="list-style-type: none"> <li>•Can identify the different roles and responsibilities in their family</li> <li>•Can recognise the value that families can bring</li> <li>•Can recognise and talk about the types of physical contact that is acceptable or unacceptable</li> <li>•Can identify the negative feelings associated with keeping a worry secret</li> <li>•Can identify who they trust in their own relationships</li> <li>•Can use positive problem-solving techniques (Mending Friendships or Solve it together) to resolve a friendship conflict</li> <li>•Can identify the feelings associated with trust</li> </ul>	<ul style="list-style-type: none"> <li>•Can identify the responsibilities they have within their family</li> <li>•Know how to access help if they are concerned about anything on social media or the internet</li> <li>•Can empathise with people from other countries who may not have a fair job or are less fortunate</li> <li>•Understand that they are connected to the global community in many different ways</li> <li>•Can use Solve it together in a conflict scenario and find a win-win outcome</li> <li>•Can identify similarities in children's rights around the world</li> <li>•Can identify their own wants and needs and how</li> </ul>	<ul style="list-style-type: none"> <li>•Can identify feelings and emotions that accompany jealousy</li> <li>•Can suggest positive strategies for managing jealousy</li> <li>•Can identify people who are special to them and express why</li> <li>•Can identify the feelings and emotions that accompany loss</li> <li>•Can suggest strategies for managing loss</li> <li>•Can tell you about someone they no longer see</li> <li>•Can suggest ways to manage relationship changes including how to negotiate</li> </ul>

			<ul style="list-style-type: none"> <li>•Can give and receive compliments</li> <li>•Can say who they would go to for help if they were worried or scared</li> </ul>	these may be similar or different from other children in school and the global community	
Vocabulary	EYFS	Year 1	Year 2	Year 3	Year 4
	Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing	Belong, Same, Different, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate	Similarities, Special, Important, Co-operate, Physical contact, Communication, Hugs, Acceptable, Not acceptable, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate,	Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude	Relationship, Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love.

Changing Me Puzzle – Summer 2					
DfE Statutory Relationships & Health Education outcomes	EYFS	Year 1	Year 2	Year 3	Year 4
	<p>PSED – ELG: SELF-REGULATION Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>PSED – ELG: BUILDING RELATIONSHIPS Show sensitivity to their own and to others' needs.</p>	<p>Relationships Education - <b>By end of primary, pupils should know:</b></p> <p><b>Families and the people who care for me</b> (R1) that families are important for children growing up because they can give love, security and stability (R2) the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives (R3) that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care (R4) that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up (R6) how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p><b>Respectful relationships</b> (R15) the importance of self-respect and how this links to their own happiness (R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive (R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p><b>Being safe</b> (R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) (R26) about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe (R27) that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact (R29) how to recognise and report feelings of being unsafe or feeling bad about any adult (R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard (R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so (R32) where to get advice e.g. family, school and/or other sources.</p> <p>Physical Health and Well-Being – <b>By end of primary, pupils should know:</b></p> <p><b>Mental well-being</b> (H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations (H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings (H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p><b>Changing adolescent body</b> (H34) key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</p>			
Puzzle overview Being Me in My	EYFS	Year 1	Year 2	Year 3	Year 4
	Children are encouraged to think about	Children are introduced to life cycles,	In this Puzzle, children compare different life cycles in nature, including	This Puzzle begins learning about babies and what they need to grow and develop	In this Puzzle, children learn that some of

<b>World</b>	<p>how they have changed from being a baby and what may change for them in the future. They consolidate the names and functions of some of the main parts of the body and discuss how these have changed. They learn that our bodies change in lots of different ways as we get older. Children understand that change can bring about positive and negative feelings, and that sharing these can help. They also consider the role that memories can have in managing change.</p>	<p>e.g. that of a frog and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult, e.g. getting taller, learning to walk, etc. They discuss how they have changed so far and that people grow up at different rates. Change is discussed as a natural and normal part of getting older which can bring about happy and sad feelings. Children practise a range of skills to help manage their feelings and learn how to access help if they are worried about change, or if someone is hurting them.</p>	<p>that of humans. As part of a school's safeguarding duty, pupils are re-taught the correct words for private parts of the body (those kept private by underwear: vagina and penis). They are also reminded that nobody has the right to hurt these parts of the body, including a lesson on inappropriate touch and assertiveness. Children practise a range of strategies for managing feelings and emotions. They are also taught where they can get help if worried or frightened. Change is taught as a natural and normal part of growing up and the range of emotions that can occur with change are explored and discussed.</p>	<p>including parenting. They reflect on the changes that occur (not including puberty) between baby, toddler, child, teenager, adult and old age. Within this, children also discuss how independence, freedoms and responsibility can increase with age.</p>	<p>their person characteristics have come from their birth parents. They reflect on the changes that have happened for animals and humans from birth to fully grown. Children are taught that it is usually the female that carried the baby in nature. The Puzzle ends by looking at the feelings associated with change and how to manage these. Children are introduced to Jigsaw's Circle of change model as a strategy for managing future changes.</p>
<b>Taught knowledge</b>	<ul style="list-style-type: none"> <li>• Know the names and functions of some parts of the body (see vocabulary list)</li> <li>• Know that we grow from baby to adult</li> </ul>	<ul style="list-style-type: none"> <li>• Know who to ask for help if they are worried or frightened</li> <li>• Know that animals</li> </ul>	<ul style="list-style-type: none"> <li>• Know the physical differences between male and female bodies</li> <li>• Know that private body parts are special and that no one has the right to hurt these</li> </ul>	<ul style="list-style-type: none"> <li>• Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</li> <li>• Know that babies need love and care from their parents/carers</li> </ul>	<ul style="list-style-type: none"> <li>• Know that in nature it is usually the female that carries the baby</li> <li>• Know that personal</li> </ul>

	<ul style="list-style-type: none"> <li>•Know who to talk to if they are feeling worried</li> <li>•Know that sharing how they feel can help solve a worry</li> <li>•Know that remembering happy times can help us move on</li> </ul>	<p>including humans have a life cycle</p> <ul style="list-style-type: none"> <li>•Know that changes happen when we grow up</li> <li>•Know that people grow up at different rates and that is normal</li> <li>•Know that learning brings about change</li> </ul>	<ul style="list-style-type: none"> <li>•Know who to ask for help if they are worried or frightened</li> <li>•Know there are different types of touch and that some are acceptable and some are unacceptable</li> <li>•Know the correct names for private body parts</li> <li>•Know that life cycles exist in nature</li> <li>•Know that aging is a natural process including old age</li> <li>•Know that some changes are out of an individual's control</li> <li>•Know how their bodies have changed from when they were a baby and that they will continue to change as they age</li> </ul>	<ul style="list-style-type: none"> <li>•Know some of the changes that happen between being a baby and a child</li> </ul>	<p>characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm</p> <ul style="list-style-type: none"> <li>•Know that change can bring about a range of different emotions</li> <li>•Know that personal hygiene</li> <li>•Know that change is a normal part of life and that some cannot be controlled and have to be accepted</li> </ul>
<b>Social and Emotional skills</b>	<ul style="list-style-type: none"> <li>•Recognise that changing class can elicit happy and/or sad emotions</li> <li>•Can say how they feel about changing class/ growing up</li> <li>•Can identify how they have changed from a baby</li> <li>•Can say what might change for them they get older</li> <li>•Can identify positive memories from the past year in school/home</li> </ul>	<ul style="list-style-type: none"> <li>•Understand and accept that change is a natural part of getting older</li> <li>•Can suggest ways to manage change, e.g. moving to a new class</li> <li>•Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)</li> <li>•Can express why they enjoy learning</li> </ul>	<ul style="list-style-type: none"> <li>•Can say who they would go to for help if worried or scared</li> <li>•Can say what types of touch they find comfortable/uncomfortable</li> <li>•Be able to confidently ask someone to stop if they are being hurt or frightened</li> <li>•Can appreciate that changes will happen and that some can be controlled and others not</li> <li>•Be able to express how they feel about changes</li> <li>•Show appreciation for people who are older</li> <li>•Can recognise the independence and responsibilities they have now compared to being a baby or toddler</li> <li>•Can say what greater responsibilities and freedoms they may have in the future</li> </ul>	<ul style="list-style-type: none"> <li>•Can suggest ways to help them manage feelings during changes they are more anxious about</li> <li>•Can identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry</li> <li>•Can express how they feel about babies</li> <li>•Can describe the emotions that a new baby can bring to a family</li> <li>•Can identify changes they are looking forward to in the next year</li> </ul>	<ul style="list-style-type: none"> <li>•Can appreciate their own uniqueness and that of others</li> <li>•Have strategies for managing the emotions relating to change</li> <li>•Can express how they feel about having children when they are grown up</li> <li>•Can apply the circle of change model to themselves to have strategies for managing change</li> </ul>



			•Can say what they are looking forward to in the next year		
Vocabulary	EYFS	Year 1	Year 2	Year 3	Year 4
	Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories	Changes, Life cycle, Baby Adulthood, Change, Life cycle, Baby Adult, Grown up, Baby, Growing up, Adult, Mature, Change, Learn, New, Grow, Change, Change, Feelings, Anxious, Worried, Excited, Coping	Change, Grow, Life cycle, Control, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Adult, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Change, Looking forward, Excited, Nervous, Anxious, Happy	Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Toddler, Child, Teenager, Adult, Independent, Timeline, Freedom, Responsibilities, Change, Puberty, Control, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable/Uncomfortable, Stereotypes, Task, Roles, Challenge, Change, Looking forward, Excited/ Nervous, Anxious	Personal, Unique, Characteristics, Parents, Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Circle, Seasons, Change, Control, Control, Change, Acceptance, Change, Looking forward, Excited, Nervous, Anxious, Happy