



Kindness PSHE / Jigsaw Enjoyment Achievement



Year Group	Unit Title	End points
3	Being me in my world	• Know my strengths and achievements • Know my rights and responsibilities in the class • Make responsible choices • Set personal goals • Know about actions and consequences • Work well in a team • Know how to use my Jigsaw Journal • See other people's viewpoints
3	Celebrating difference	• Know how all families are different • Know the differences in my own family • Know what to do if I witness bullying • Know that words that can cause harm to others • Know how my words might affect someone's feelings
3	Dreams and goals	• Know the challenges that some people face • Know why dreams and ambitions are important • Face new challenges • Know ways to overcome obstacles • Improve my learning for the future
3	Healthy me	• Know how exercise affects my body • Know why my lungs and heart are important • Know about calories, fat and sugar and how they can affect my health • Know about drugs, including medicine • Know how to keep myself safe • Know how to call emergency services
3	Relationships	• Know roles and responsibilities in a family and how to express appreciation • Know the skills of friendship • Know different strategies for keeping myself safe online • Know how other people around the world help and influence my life • Know how what I see in the media doesn't always show complete information • Know how my needs and rights are shared by children around the world
3	Changing me	• Know how humans and animals grow and change from birth to adulthood • Know why bodies change as we grow up • Know how boys' and girls' bodies change on the inside and outside and why these changes matter • Know why keeping clean becomes more important at puberty

		• Know simple ways to keep clean and healthy • Know stereotypes about parenting and family roles • List what I am looking forward to in my next class • Know changes I might make next year
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