



Kindness PSHE / Jigsaw Enjoyment Achievement



Year Group	Unit Title	End points
1	Being me in my world	• Know how to use my Jigsaw Journal • Know my rights and responsibilities in my class • Help create our Learning Charter • Understand choices and consequences • Follow the Learning Charter
1	Celebrating difference	• Understand similarities between myself and others in my class • Know the differences between myself and people in my class • Understand bullying and how it might feel • Know who to talk too if I need help • Know and use strategies to make friends
1	Dreams and goals	• Set simple and realistic goals • Use stepping stones to reach a goal by breaking it down into steps • Find ways to work well with others • Know different ways to tackle a challenge • Understand obstacles and how to overcome them
1	Healthy me	• Know the difference between healthy and less healthy • Know how to make healthier choices • Know the different ways to keep myself clean • Know about germs and illness • Know about medicines and how to use them safely • Know how to cross the road safely
1	Relationships	• Know different types of families • What it means to be a good friend • Know appropriate ways to greet my friends • Know who I can ask for help from within my school community • Know my qualities as a person and as a friend • Know who is special to me
1	Changing me	• Know the life cycle of animals and humans • Know how I change as I get older • Know the things about me that stay the same as I get older • Know the parts of the body that make boys and girls different • Know changes that have happened in my life