



Jigsaw PSHE progression map Year 3

Puzzle overview	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	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 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.	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 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.	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.	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, 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 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. 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.	This Puzzle begins learning about babies and what they need to grow and develop including parenting. Children are taught that it is usually the female that carries the baby in nature. This leads onto lessons where puberty is introduced. Children first look at the outside body changes in males and females. They learn that puberty is a natural part of growing up and that it is a process for getting their bodies ready to make a baby when grown-up. Inside body changes are also taught. Children learn that females have eggs (ova) in their ovaries and these are released monthly. If unfertilised by a male's sperm, it passes out of the body as a period. Sexual intercourse and the birth of the baby are not taught in this year group. Children discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them.
Taught knowledge (Key objectives are in bold)	<ul style="list-style-type: none"> Know that the school has a shared set of values Know why rules are needed and how these relate to choices and consequences Know that actions can affect others' feelings Know that others may hold different views Understand that they are important Know what a personal goal is Understanding what a challenge is 	<ul style="list-style-type: none"> 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 Know that conflict is a normal part of relationships Know that some words are used in hurtful ways and that this can have consequences Know why families are important Know that everybody's family is different Know that sometimes family members don't get along and some reasons for this 	<ul style="list-style-type: none"> Know that they are responsible for their own learning Know what an obstacle is and how they can hinder achievement Know how to take steps to overcome obstacles Know what dreams and ambitions are important to them Know about specific people who have overcome difficult challenges to achieve success Know how they can best overcome learning challenges Know what their own strengths are as a learner Know how to evaluate their own learning progress and identify how it can be better next time 	<ul style="list-style-type: none"> Know how exercise affects their bodies Know that the amount of calories, fat and sugar that they put into their bodies will affect their health Know that there are different types of drugs Know that there are things, places and people that can be dangerous Know when something feels safe or unsafe Know why their hearts and lungs are such important organs Know a range of strategies to keep themselves safe Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> Know that different family members carry out different roles or have different responsibilities within the family Know some of the skills of friendship, e.g. taking turns, being a good listener Know some strategies for keeping themselves safe online Know that they and all children have rights (UNCRC) Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc Know how some of the actions and work of people around the world help and influence my life 	<ul style="list-style-type: none"> Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults Know some of the outside body changes that happen during puberty Know some of the changes on the inside that happen during puberty Know that in animals and humans lots of changes happen between conception and growing up Know that in nature it is usually the female that carries the baby Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops

					<ul style="list-style-type: none">Know the lives of children around the world can be different from their own	<ul style="list-style-type: none">Know that babies need love and care from their parents/carersKnow some of the changes that happen between being a baby and a child
Social and Emotional skills (Key objectives are in bold)	<ul style="list-style-type: none">Make other people feel valuedDevelop compassion and empathy for othersBe able to work collaborativelyRecognise self-worthIdentify personal strengthsBe able to set a personal goalRecognise feelings of happiness, sadness, worry and fear in themselves and others	<ul style="list-style-type: none">Use the ‘Solve it together’ technique to calm and resolve conflicts with friends and familyBe able to ‘problem-solve’ a bullying situation accessing appropriate support if necessaryBe able to show appreciation for their families, parents and carersEmpathise with people who are bulliedEmploy skills to support someone who is bulliedBe able to recognise, accept and give complimentsRecognise feelings associated with receiving a compliment	<ul style="list-style-type: none">Can break down a goal into small stepsCan manage feelings of frustration linked to facing obstaclesImagine how it will feel when they achieve their dream/ambitionRecognise other people’s achievements in overcoming difficultiesRecognise how other people can help them to achieve their goalsCan share their success with othersCan store feelings of success (in their internal treasure chest) to be used at another time	<ul style="list-style-type: none">Respect their own bodies and appreciate what they doCan take responsibility for keeping themselves and others safeIdentify how they feel about drugsCan express how being anxious or scared feelsAble to set themselves a fitness challengeRecognise what it feels like to make a healthy choice	<ul style="list-style-type: none">Can identify the responsibilities they have within their familyKnow how to access help if they are concerned about anything on social media or the internetCan empathise with people from other countries who may not have a fair job or are less fortunateUnderstand that they are connected to the global community in many different waysCan use Solve it together in a conflict scenario and find a win-win outcomeCan identify similarities in children’s rights around the worldCan identify their own wants and needs and how these may be similar or different from other children in school and the global community	<ul style="list-style-type: none">Can express how they feel about pubertyCan say who they can talk to about puberty if they have any worriesCan suggest ways to help them manage feelings during changes they are more anxious aboutCan identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundryCan express how they feel about babiesCan describe the emotions that a new baby can bring to a familyCan identify changes they are looking forward to in the next year