



## Jigsaw PSHE progression map Year 5

Puzzle overview	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p><b>Taught knowledge</b></p> <p><b>(Key objectives are in bold)</b></p>	<ul style="list-style-type: none"> <li>Understand how democracy and having a voice benefits the school community</li> <li>Understand how to contribute towards the democratic process</li> <li>Understand the rights and responsibilities associated with being a citizen in the wider community and their country</li> <li>Know how to face new challenges positively</li> </ul>	<ul style="list-style-type: none"> <li>Know external forms of support in regard to bullying e.g. Childline</li> <li>Know that bullying can be direct and indirect</li> <li>Know what racism is and why it is</li> <li>Know what culture means</li> <li>Know that differences in culture can sometimes be a source of conflict</li> <li>Know that rumour-spreading is a form of bullying online and offline</li> </ul>	<ul style="list-style-type: none"> <li>Know about a range of jobs that are carried out by people I know</li> <li>Know the types of job they might like to do when they are older</li> <li>Know that young people from different cultures may have different dreams and goals</li> <li>Know that they will need money to help them to</li> </ul>	<ul style="list-style-type: none"> <li>Know basic emergency procedures, including the recovery position</li> <li>Know the health risks of smoking</li> <li>Know how smoking tobacco affects the lungs, liver and heart</li> <li>Know how to get help in emergency situations</li> <li>Know that the media, social media and celebrity culture</li> </ul>	<ul style="list-style-type: none"> <li>Know that there are rights and responsibilities in an online community or social network</li> <li>Know that there are rights and responsibilities when playing a game online</li> <li>Know that too much screen time isn't healthy</li> <li>Know how to stay safe when using technology to communicate with friends</li> </ul>	<ul style="list-style-type: none"> <li>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>Know that sexual intercourse can lead to conception</li> <li>Know that some people need help to conceive and might use IVF</li> <li>Know that becoming a teenager involves various</li> </ul>

	<ul style="list-style-type: none"> <li>Understand how to set personal goals</li> <li>Know how an individual's behaviour can affect a group and the consequences of this</li> </ul>	<ul style="list-style-type: none"> <li>Know how their life is different from the lives of children in the developing world</li> </ul>	<p>achieve some of their dreams</p> <ul style="list-style-type: none"> <li>Know that different jobs pay more money than others</li> <li>Know that communicating with someone from a different culture means that they can learn from them and vice versa</li> <li>Know ways that they can support young people in their own culture and abroad</li> </ul>	<p><b>promotes certain body types</b></p> <ul style="list-style-type: none"> <li><b>Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure</b></li> <li>Know some of the risks linked to misusing alcohol, including antisocial behaviour</li> <li>Know what makes a healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>Know that a personality is made up of many different characteristics, qualities and attributes</li> <li>Know that belonging to an online community can have positive and negative consequences</li> </ul>	<p><b>changes and also brings growing responsibility</b></p> <ul style="list-style-type: none"> <li>Know what perception means and that perceptions can be right or wrong</li> </ul>
<p><b>Social and Emotional skills</b></p> <p><b>(Key objectives are in bold)</b></p>	<ul style="list-style-type: none"> <li><b>Empathy for people whose lives are different from their own</b></li> <li>Consider their own actions and the effect they have on themselves and others</li> <li>Be able to work as part of a group, listening and contributing effectively</li> <li>Be able to identify what they value most about school</li> <li>Identify hopes for the school year</li> <li>Understand why the school community benefits from a Learning Charter</li> <li>Be able to help friends make positive choices</li> <li>Know how to regulate my emotions</li> </ul>	<ul style="list-style-type: none"> <li><b>Appreciate the value of happiness regardless of material wealth</b></li> <li>Identify their own culture and different cultures within their class community</li> <li>Identify their own attitudes about people from different faith and cultural backgrounds</li> <li><b>Develop respect for cultures different from their own</b></li> <li>Identify a range of strategies for managing their own feelings in bullying situations</li> <li>Identify some strategies to encourage children who use bullying behaviours to make other choices</li> <li>Be able to support children who are being bullied</li> </ul>	<ul style="list-style-type: none"> <li><b>Verbalise what they would like their life to be like when they are grown up</b></li> <li>Appreciate the contributions made by people in different jobs</li> <li>Reflect on the differences between their own learning goals and those of someone from a different culture</li> <li><b>Appreciate the differences between themselves and someone from a different culture</b></li> <li>Understand why they are motivated to make a positive contribution to supporting others</li> <li>Appreciate the opportunities learning and education can give them</li> </ul>	<ul style="list-style-type: none"> <li><b>Respect and value their own bodies</b></li> <li><b>Can reflect on their own body image and know how important it is that this is positive</b></li> <li><b>Recognise strategies for resisting pressure</b></li> <li><b>Can identify ways to keep themselves calm in an emergency</b></li> <li>Can make informed decisions about whether or not they choose to smoke when they are older</li> <li>Can make informed decisions about whether they choose to drink alcohol when they are older</li> <li>Accept and respect themselves for who they are</li> <li>Be motivated to keep themselves healthy and happy</li> </ul>	<ul style="list-style-type: none"> <li>Can suggest strategies for building self-esteem of themselves and others</li> <li><b>Can identify when an online community/social media group feels risky, uncomfortable, or unsafe</b></li> <li>Can suggest strategies for staying safe online/ social media</li> <li><b>Can say how to report unsafe online/social network activity</b></li> <li><b>Can identify when an online game is safe or unsafe</b></li> <li>Can suggest ways to monitor and reduce screen time</li> <li><b>Can suggest strategies for managing unhelpful pressures online or in social networks</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Can celebrate what they like about their own and others' self-image and body image</b></li> <li><b>Can suggest ways to boost self-esteem of self and others</b></li> <li><b>Recognise that puberty is a natural process that happens to everybody and that it will be OK for them</b></li> <li><b>Can ask questions about puberty to seek clarification</b></li> <li>Can express how they feel about having a romantic relationship when they are an adult</li> <li>Can express how they feel about having children when they are an adult</li> <li>Can express how they feel about becoming a teenager</li> <li>Can say who they can talk to if concerned about puberty or becoming a teenager/adult</li> </ul>