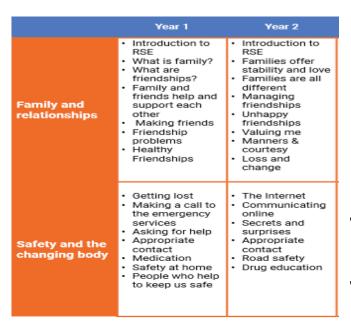
RSE— Progression of Skills Abbey Infant school Linked to Jigsaw PSHE Scheme of Learning



Jigsaw PSHE is fully compliant with the DfE Statutory Relationships & Health Education Guidance. This document maps the guidance to Jigsaw by Year Group and Puzzle (unit of work) showing the depth

and breadth of the curriculum

Health and wellbeing	Wonderful me What am I like? Ready for bed Relaxation Hand washing & personal hygiene Sun safety Allergies People who help us stay healthy	Experiencing different emotions Being active Relaxation Steps to success Growth mindset Healthy diet Dental health
Citizenship	Responsibility Community Democracy	Responsibility Community Democracy
Economic well- being	Money Career and aspirations	Money Career and aspirations
Transition	1 lesson	1 lesson

coverage.



Rela	tionships Education			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
	e end of Primary pupils Id know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(R1) that families are important for children growing up because they can give love, security and stability					/	1					1	
for me	(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					1	✓					1	
he people who care	(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					1	√					1	
Families and t	(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					√	1					1	
	(R5) that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong											1	
	(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						1					1	



Relationships E	ducation			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
By the end of Prin should know:	nary pupils	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
In making us	portant friendships are s feel happy and secure, ople choose and make	/	1			1			1			1	
trustworthin generosity, t and experier		/	1						1			1	
positive and	althy friendships are I welcoming towards do not make others feel cluded	/	1			1			1			1	
ups and dow often be wor the friendshi	nost friendships have wns, and that these can riked through so that lip is repaired or even d, and that resorting to never right		1			1			1				
and who not whon a frion feel unhappy managing of those situati	o recognise who to trust t to trust, how to judge diship is making them y or uncomfortable, onflict, how to manage ions and how to seek on from others. If needed		1			1			1			1	





Relat	ionships Education			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
	e end of Primary pupils d know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(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 ballefs	1	1	√		1		1	1	✓		1	
	(R13) practical sleps they can take in a range of different contexts to improve or support respectful relationships	1	1			/		1	1	/			
	(R14) the conventions of courtesy and manners	/					1	1	1	/			
Sometrips	(R15) the importance of self-respect and how this links to their own happiness					1	1	1		/			1
Respectful rela	(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	1	1	1		1	V	1	1	1		1	
	(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		1						1				
	(R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive								1				
	(R19) the importance of permission- seeking and giving in relationships with friends, poers and adults					1	1	1	1	/		1	1



Relat	tionships Education			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
	e end of Primary pupils id know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(R20) that people sometimes behave differently online, including by pretending to be someone they are not								1			1	
onships	(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								√				
Ordine relati	(R22) the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them								1			√	
	(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												

Relat	ionships Education			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
	e end of Primary pupils d know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)		1			/	1	1	1			√	√
	(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						1					1	1
	(R27) that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact					1	1					1	1
Dried 8	(R28) how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know					/						1	
	(R29) how to recognise and report feelings of being unsafe or feeling bad about any adult		/				1	1	1			1	1
	(R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard		/			1		1				1	/
	(R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so		/						1			1	1
	(R32) where to get advice e.g. family, school and/or other sources		/			1	1	1	1		1	1	1

	ical Health and			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
y th	al Wellbeing e end of Primary pupils d know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(H1) that mental wellbeing is a normal part of daily life, in the same way as physical health				1						1		
	(HZ) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and seale of emotions that all humans experience in relation to different experiences and situations	✓	1	1	1	1	1	1	1	1	1	1	1
	(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	1	1	1	1	1	1	1	1	1	1	1	1
	(H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate	1		1									
2	(H5) the benefits of physical exercise, time outdoors, community participation, voluntary and service- based activity on mental wellbeing and happiness			1	1				1	1			
Mental wellbe	(H6) simple self-care techniques, including the importance of rest, time sport with friends and family and the benefits of hobbles and interests			1	1						1		
ž	(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	/	1								1		
	(H5) that builying (including cyberbuilying) has a negative and often tasting impact on mental wellbeing		1							1			
	(H2) 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 wellbeing or ability to control their emotions (including issues arising online)		1		1					1			
	(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												



	ical Health and			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
By th	al Wellbeing e end of Primary pupils id know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(H11) that for most people the internet is an integral part of life and has many benefits								1				
	(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 wellbeing								1				
and harms	(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								√				
a fet	(H14) why social media, some computer games and online gaming, for example, are age restricted												
Intern	(H15) that the infernet can also be a negative place where online abuse, trotting, bullying and harassment can take place, which can have a negative impact on mental health								1			√	
	(H16) how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted												
	(H17) where and how to report concerns and get support with issues online									1			



	ical Health and			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
By the	al Wellbeing e end of Primary pupils d know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(H18) the characteristics and mental and physical benefits of an active lifestyle			√							/		
welft and fitness	(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			√							1		
as les	(H20) the risks associated with an inactive lifestyle (including obesity)			✓							1		
£	(H21) how and when to seek support including which adults to speak to in school if they are worried about their health										1		

	ysical Health and			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
Ву	ntal Wellbeing the end of Primary pupils uld know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(H22) what constitutes a healthy diet (including understanding calories and other nutritional content)				1						/		
1	(H23) the principles of planning and preparing a range of healthy meals				✓						/		
Himifty	(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)				1						1		



	ical Health and			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
By the	al Wellbeing end of Primary pupils d know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Drugs, alcohol and febacco	(H25) the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking				Medicine safety						Medicine safety		

	ical Health and			Year 1	- Ages 5-6					Year 2	- Ages 6-7		
By the	al Wellbeing e end of Primary pupils d know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(H26) how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body												
	(H27) about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer				1								
d prevention	(H28) the importance of sufficient good quality steep for good health and that a lack of sleep can affect weight, mood and ability to learn				1						1		
Health and	(H29) about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist				1						/		
ž	(H30) about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing				1								
	(H31) the facts and science relating to allergies, immunisation and vaccination												



Physical Health and Mental Wellbeing By the end of Primary pupils should know:		Year 1 - Ages 5-6							Year 2 - Ages 6-7					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	
Basic firstald	(H32) how to make a clear and efficient call to emergency services if necessary													
	(H33) concepts of basic first-aid, for example dealing with common injuries, including head injuries													

Physical Health and Mental Wellbeing By the end of Primary pupils should know:		Year 1 - Ages 5-6							Year 2 - Ages 6-7						
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me		
Changing adolescent body	(H34) key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes						Naming body parts						Naming body parts		
	(H35) about menstrual wellbeing including the key facts about the menstrual cycle														