

Pod 4

Piece 1 – Being Me in My World

Jigsaw Piece	PSHE learning intention	Social and emotional development learning intention
1. Becoming a class 'team'	I know my attitudes and actions make a difference to the class team I know how to use my Jigsaw journal	I know how good it feels to be included in a group and understand how it feels to be excluded I try to make people feel welcome and valued
2. Being a school citizen	I understand who is in my school community, the roles they play and how I fit in	I can take on a role in a group and contribute to the overall outcome
3. Rights, responsibilities and democracy	I understand how democracy works through the school council	I can recognise my contribution to making a learning charter for the whole school
4. Rewards and consequences	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them	I understand how rewards and consequences motivate people's behaviour
5. Our learning charter	I understand how groups come together to make decisions	I can take on a role in a group and contribute to the overall outcome
6. Owning our learning charter	I understand how democracy and having a voice benefits the school community	I understand why our school community benefits from a learning charter and can help others to follow it

Piece 2 – Celebrating Differences

Jigsaw Piece	PSHE learning intention	Social and emotional development learning intention
1. Judging by appearances	I understand that, sometimes, we make assumptions based on what people look like	I try to accept people for who they are
2. Understanding influences	I understand what influences me to make assumptions based on how people look	I can question why I think what I do about other people
3. Understanding bullying	I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure	I know how it might feel to be a witness to and a target of bullying
4. Problem solving	I can tell you why witnesses sometimes join in with bullying and sometimes don't tell	I can problem solve a bullying situation with others
5. Special me	I can identify what is special about me and value the way in which I am unique	I like and respect the unique features of my physical appearance
6. How we look	I can tell you a time when my first impression of someone changed when I got to know them	I can explain why it is good to accept people for who they are

Piece 3 – Dreams and Goals

<b>Jigsaw Piece</b>	<b>PSHE learning intention</b>	<b>Social and emotional development learning intention</b>
1. Hopes and dreams	I can tell you about some of my hopes and dreams	I know how it feels to have hopes and dreams
2. Broken dreams	I understand that sometimes hopes and dreams do not come true and that this can hurt	I know how disappointment feels and can identify when I have felt that way
3. Overcoming disappointment	I know that reflecting on positive and happy experiences can help me to counteract disappointment	I know how to cope with disappointment and how to help others cope with theirs
4. Creating new dreams	I know how to make a new plan and set new goals even if I have been disappointed	I know what it means to be resilient and to have a positive attitude
5. Achieving goals	I know how to work out the steps to take to achieve a goal and can do this successfully as part of a group	I can enjoy being part of a group challenge
6. We did it	I can identify the contributions made by myself and others to the group's achievement	I know how to share in the success of a group and how to store this success experience in my internal treasure chest

Piece 4 – Healthy Me

<b>Jigsaw Piece</b>	<b>PSHE learning intention</b>	<b>Social and emotional development learning intention</b>
1. My friends and me	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most	I can identify the feelings I have about my friends and my different friendship groups
2. Group dynamics	I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations	I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with
3. Smoking	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke	I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others
4. Alcohol	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol	I can identify feelings of anxiety and fear associated with peer pressure
5. Healthy friendships	I can recognise when people are putting me under pressure and can explain ways to resist this when I want	I can tap into my inner strength and know how to be assertive
6. Celebrating my inner strength and assertiveness	I know myself well enough to have a clear picture of what I believe is right and wrong	

Piece 5 – Relationships

Jigsaw Piece	PSHE learning intention	Social and emotional development learning intention
1. Jealousy	I can recognise situations which can cause jealousy in relationships	I can identify feelings associated with jealousy and suggest strategies to problem solve when this happens
2. Love and loss	I can identify someone I love and can express why they are special to me	I know how most people feel when lose someone or something they loved
3. Memories	I can tell you about someone I know that I no longer see	I understand that we can remember people even if we no longer see them
4. Getting on and falling out	I can recongise how friendships change, know how to make new friends and how to manage when I fall out with my friends	I know how to stand up for myself and how to negotiate and compromise
5. Girlfriends and boyfriends	I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older	I understand that boyfriend/girlfriend relationships are personal and special and there is no need to feel pressurised into having a boyfriend or girlfriend
6. Relationships with people and animals	I know how to show love and appreciation to the people and animals who are special to me	I can love and be loved

Piece 6 – Changing Me

Jigsaw Piece	PSHE learning intention	Social and emotional development learning intention
1. Unique me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm	I appreciate that I am a truly unique human being
2. Having a baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
3. Girls and puberty	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult and that menstruation (having periods) is a natural part of this	I have strategies to help me cope with the physical and emotional changes I will experience during puberty
4. Circles of change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me
5. Accepting change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
6. Looking ahead	I can identify what I am looking forward to when I move to a new class	I can reflect on the changes I would like to make next year