

Pod 6

Piece 1 – Being Me in My World

Jigsaw Piece	PSHE learning intention	Social and emotional development learning intention
1. My year ahead	I can identify my goals for this year, understand my fears and worries about the future and know how to express them. I know how to use my Jigsaw journal	I feel welcome and valued and know how to make others feel the same
2. Being a global citizen	I know that there are universal rights for all children but for many children these rights are not met	I understand my own wants and needs and can compare these with children in different communities
3. Being a global citizen	I understand that my actions affect other people locally and globally	
4. The learning charter	I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them
5. Our learning charter	I understand how an individual's behaviour can impact on a group	I can contribute to the group and understand how we can function best as a whole
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 how I can help others to follow it by modelling it myself

Piece 2 – Celebrating Differences

Jigsaw Piece	PSHE learning intention	Social and emotional development learning intention
1. Am I normal?	I understand that there are different perceptions about what normal means	I can empathise with people who are different
2. Understanding difference	I understand how being different could affect someone's life	I am aware of my attitude towards people who are different
3. Power struggles	I can explain some of the ways in which one person or a group can have power over another	I know how it can feel to be excluded or treated badly by being different in some way
4. Why bully?	I know some of the reasons why people use bullying behaviour	I can tell you a range of strategies for managing my feelings in bullying situations and for problem solving when I'm part of one
5. Celebrating difference	I can give examples of people with disabilities who lead amazing lives	I appreciate people for who they are
6. Celebrating difference	I can explain ways in which difference can be a source of conflict and a cause for celebration	I can show empathy with people in either situation

Piece 3 – Dreams and Goals

Jigsaw Piece	PSHE learning intention	Social and emotional development learning intention
1. Personal learning goals	I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in school goal and one out of school goal)	I understand why it is important to stretch the boundaries of my current learning
2. Steps to success	I can work out the learning steps I need to take to reach my goals and understand how to motivate myself to work on these	I can set success criteria so that I will know whether I have reached my goals
3. My dream for the world	I can identify problems in the world that concern me and talk to other people about them	I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations
4. Helping to make a difference	I can work with other people to help make the world a better place	I can empathise with people who are suffering or who are living in difficult situations
5. Helping to make a difference	I can describe some ways in which I can work with other people to help make the world a better place	I can identify why I am motivated to do this
6. Recognising our achievements	I know what some people in my class like or admire about me and can accept their praise	I can give praise and compliments to other people when I recognise their contributions and achievements

Piece 4 – Healthy Me

Jigsaw Piece	PSHE learning intention	Social and emotional development learning intention
1. Taking responsibility for my health and wellbeing	I can take responsibility for my health and make choices that benefit my health and wellbeing	I am motivated to care for my physical and emotional health
2. Drugs	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs
3. Exploitation	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves
4. Gangs	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised
5. Emotional and mental health	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this
6. Managing stress and pressure	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse	I can use different strategies to manage stress and pressure

Piece 5 – Relationships

Jigsaw Piece	PSHE learning intention	Social and emotional development leaning intention
1. What is mental health?	I know that it is important to take care of my mental health	I understand that people can get problems with their mental health and that it is nothing to be ashamed of
2. My mental health	I know how to take care of my mental health	I can help myself and others when worried about a mental health problem
3. Love and loss	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve	I can recognise when I am feeling those emotions and have strategies to manage them
4. Power and control	I can recognise when people are trying to gain power or control	I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
5. Being online: real or fake? safe or unsafe?	I can judge whether something online is safe and helpful for me	I can resist pressure to do something online that might hurt others or myself
6. Using technology responsibly	I can use technology positively and safely to communicate with my friends and family	I can take responsibility for my own safety and wellbeing

Piece 6 – Changing Me

Jigsaw Piece	PSHE learning intention	Social and emotional development leaning intention
1. My self-image	I am aware of my own self-image and how my own body image fits into that	I know how to develop my own self-esteem
2. Puberty	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
3. Babies: conception to birth	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
4. Boyfriends and girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a boyfriend/girlfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship and that I should not feel pressured into doing something I don't want to
5. Real self and ideal self	I am aware of the importance of positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body talk'
6. The year ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school or moving to my next class	I know how to prepare myself emotionally for the changes next year