



Progression Map: PSHE



Jigsaw	EYFS	Year 1	Year 2
Being me in my world	<p>Skills:</p> <ul style="list-style-type: none"> -Identify feelings associated with belonging. -Is responsible in their setting. -To be able to play co-operatively with others. -Identify feelings of happiness and sadness. 	<p>Skills:</p> <ul style="list-style-type: none"> -Begins to understand that they feel safe in their class. -Identify helpful behaviours within class. -Begins to recognise feelings associated with positive and negative consequences. 	<p>Skills:</p> <ul style="list-style-type: none"> -Know how to make their class feel safe. -Know helpful behaviours within class, understands and recognises own feelings.
	<p>Knowledge:</p> <ul style="list-style-type: none"> -Know they have a right to learn and play safely and happily. -Know that some people are different from themselves. -Know special things about themselves. 	<p>Knowledge:</p> <ul style="list-style-type: none"> -Begins to understand their own rights and responsibilities in their classroom. -Beings to understand their choices have consequences. -Begins to understand views are important. 	<p>Knowledge:</p> <ul style="list-style-type: none"> -Understand the rights and responsibilities of class/school member. -Know rewards and consequences stem from their choice. -Know it is important to listen to other people's views
	<p>Vocabulary:</p> <p>Kind, Gentle, Friend, Similar, Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns</p>	<p>Vocabulary:</p> <p>Safe, Special, Calm, Belonging, Special, Rewards, Proud, Consequences, Upset, Disappointed</p>	<p>Vocabulary:</p> <p>Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-Operate, Problem-Solving</p>
Celebrating Differences	<p>Skills:</p> <ul style="list-style-type: none"> - Recognise emotions when they or someone else is upset, frightened or angry. -Identify some ways they can be different and the same as others. -Identify things they are good at. -Identify and use skills to make a friend. 	<p>Skills:</p> <ul style="list-style-type: none"> -Understands how being bullied might feel. -Verbalises some ways that make them unique and special. -Recognises ways in which they are the same/different to their friends. 	<p>Skills:</p> <ul style="list-style-type: none"> -Explain how being bullied can make someone feel. -Understands that everyone's differences make them unique and special. -Understands that people can be similar/different in many ways and that is OK.
	<p>Knowledge:</p> <ul style="list-style-type: none"> -Know different ways to stand up for myself. -Know what being unique means. -Know why having friends is important. -Know some qualities of a positive friendships -Know the names of some emotions such as happy, sad, frightened, angry, worried 	<p>Knowledge:</p> <ul style="list-style-type: none"> -Begins to understand what bullying means. -Begins to understand who to talk to if they or someone else is being bullied of is unhappy. -Begins to understand that people are unique and it is OK to be different. - Understand how to be a good friend. 	<p>Knowledge:</p> <ul style="list-style-type: none"> -Understands the differences between a one-off incident and bullying. -Know where to get help from if they/someone is being bullied. -Know that sometimes people are bullied because of their differences. -Understand friends can be different & still be friends
	<p>Vocabulary:</p> <p>Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Worried, Family</p>	<p>Vocabulary:</p> <p>Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique</p>	<p>Vocabulary:</p> <p>Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Unique, Value</p>

Jigsaw	EYFS	Year 1	Year 2
Dreams and Goals	Skills: -Understand how to stay motivated when doing something challenging -To be able to work well with a partner or in a group -Understand how to help others to achieve their goals	Skills: -Recognises things that they do well. -Know how to celebrate an achievement with a friend. -Explain how they learn best.	Skills: -Recognises their own strengths as a learner. -Is able to describe their own achievements and the feelings linked to this. -Is able to choose a partner with whom they work well with.
	Knowledge: -Know how to share fairly Know that keeping motivated can be difficult -Know how to encourage others	Knowledge: -Know how to set simple goals. -Begins to identify obstacles, which make achieving their goals difficult. -Know how to work well with a partner.	Knowledge: -Know how to set realistic goals and think about how to achieve it. -Know the importance of perseverance. -Recognises what working together well looks like.
	Vocabulary: Motivation, challenge, sharing, teamwork, turn-taking, encouragement, goal, achieve	Vocabulary: Proud, Success, Treasure, Coins, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Aspiration, Motivation, Challenge, Feelings, Obstacle, Overcome, Achieve	Vocabulary: Realistic, Achievement, Goal, Strength, Persevere, Difficult, Easy, Learning Together, Partner, Product
Healthy Me	Skills: -Understand how to eat a healthy, balanced diet -Understand how to be physically active -Can understand how to be a good friend	Skills: -Recognise that healthy choices make me feel good -Understand that I keep myself safe because I am special -Know how being healthy makes me feel happy	Skills: - Understand how to motivate myself to make healthy choices -Understand how to care for my body and feel positive about this -Identify how to have a healthy relationship with food
	Knowledge: -Know which foods are healthy/unhealthy -know that exercise keeps us healthy -Know types of exercise that can help our bodies stay healthy -Know how a good friend treats others	Knowledge: -Know the difference between healthy and unhealthy -Know how to make healthy choices	Knowledge: - Know what I need to keep my body healthy -Know how to sort food into groups and know what to eat to stay healthy - Know which foods give me energy
	Vocabulary: Healthy, unhealthy, exercise, active, kind, unkind, polite, sharing	Vocabulary: Healthy, Unhealthy, Balanced, Exercise, Sleep, Baby, Growing up, Adult, Mature, Change, Touch, Appropriate, Inappropriate, Privates, Trust, Learn, New, Grow, Change	Vocabulary: Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, healthy, unhealthy, dangerous, medicines, safe, body, balanced, portion, proportion, energy, fuel, nutritious

Jigsaw	EYFS	Year 1	Year 2
Relationships	Skills: -Can identify what jobs they do in their family. -Can suggest ways to make a friend or help someone who is lonely. -Can recognise what being 'angry' feels like.	Skills: -Can express how it feels to be part of a family and to care for family members. -Can say why they appreciate special relationships.	Skills: -Recognises and identifies the value that families can bring. -Can identify who they trust in their own relationships.
	Knowledge: -Know what a family is. -Know some characteristics of healthy and safe friendships. -Know that sometimes friends fall out. -Know some ways to mend a friendship	Knowledge: -Begins to understand that everyone's family is different and families are founded on belonging, love and care. -Know the characteristics of healthy and safe friends	Knowledge: -Know that everyone's family is different and understands families function on trust, respect, care, love and co-operation. -Know that friendships have ups and downs and can begin to use problem solving methods.
	Vocabulary: Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset	Vocabulary: Belong, Same, Different, Friendship, Qualities, Caring, Sharing, Kind, Help, Helpful, Community, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate	Vocabulary: Similarities, Special, Important, Co-operate, Conflict, Point of view, Positive problem solving, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate
Changing Me	Skills: -Can say how they feel about changing class/growing up. -Can identify a positive memory from the past year in school. -Can say what might change when they get older -Can identify how they have changed from a baby.	Skills: -Is able to express how they feel about changes e.g. new class -Can express why they enjoy learning. -Understand and accept that change is a natural part of getting older. -Can identify some things that have changed in my body and some things that have stayed the same since being a baby.	Skills: . -Can suggest ways to manage change e.g. moving to a new class. -Can say what they are looking forward to in the next year. -Can appreciate that changes will happen and that some can be controlled and others not. -Can recognise the independence and responsibilities they have now compared to being a baby or toddler.
	Knowledge: -Know that we grow from baby to adults. - Know the names of some body parts. -Know who to talk to if they are feeling worried.	Knowledge: -Know changes happen when we grow up. -Begins to understand that people grow at different rates and that is normal. -Begins to know that animals including humans have life cycles.	Knowledge: -Know that aging is a natural process including old age. -Know how their bodies have changed from when they were a baby and they were a baby and that they will continue to change as they age. -Understands that some changes are out of the individual's control. -Know that life cycle exists in nature.
	Vocabulary: Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories	Vocabulary: Changes, Life cycles, Adulthood, Mature, Male, Female, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping	Vocabulary: Change, Grow, Control, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Looking forward, Nervous, Happy