

# Jigsaw and Pupil Personal Development map- Parent Copy

Age Group	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5 <b>Nursery/Reception</b>	<u>Jigsaw</u> Self –identity Understanding feelings Being at school Being gentle Rights and responsibilities	<u>Jigsaw</u> What I am good at? Being special Families Where we live Making friends Standing up for yourself	<u>Jigsaw</u> Challenges Perseverance Goal setting Overcoming obstacles Jobs Achieving goals	<u>Jigsaw</u> Exercising bodies Physical Activity Healthy food Sleep Keeping clean Safety-stranger danger	<u>Jigsaw</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	<u>Jigsaw</u> Bodies Respecting my body Growing up (needs as a baby and child) Growth and change Fun and fears Celebrations
	<u>Personal Development</u> To understand that their own actions affect people. To understand their own and others’ behaviour has consequences.	<u>Personal Development</u> To initiate conversations, taking into account what others say. To play cooperatively and begin to accept the needs of others. To express preferences. To accept praise. To be able to work in groups.	<u>Personal Development</u> To respond to what others are saying or doing. To ask appropriate questions of others. To be confident in asking adults for help. To begin to negotiate and problem solve. To be sensitive to others’ needs and feelings. To value praise for what they have done.	<u>Personal Development</u> To understand the importance of good health and physical exercise and talk about ways to keep healthy and safe. To manage own basic hygiene and personal needs.	<u>Personal Development</u> To show affection for people who are special but separate from their main carer with support from a familiar adult. To form special relationships with another child. To describe myself in positive terms and talk about abilities. To be confident in asking adults for help.	<u>Personal Development</u> To talk about likes and dislikes To communicate freely about home and community. To recognise and respond to a variety of feelings.
Ages 5-6 <b>Year 1</b>	<u>Jigsaw</u> Feeling special and safe Being part of a class Rights and responsibility Rewards and feeling proud Consequences Owing the learning charter	<u>Jigsaw</u> Similarities and differences Understanding bullying and how to deal with it Making new friends Celebrating the differences in everyone	<u>Jigsaw</u> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming new obstacles Feelings of success	<u>Jigsaw</u> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	<u>Jigsaw</u> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friends and person Being a good friend to myself Celebrating special relationships	<u>Jigsaw</u> Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies Linking growing and learning Coping with change
	<u>Personal Development</u> To develop a sense of belonging To feel proud of an achievement To recognise a range of feelings when facing consequences To know my views are valued	<u>Personal Development</u> To understand everyone is special and unique To know what bullying is and what I can do if I or someone else is being bullied.	<u>Personal Development</u> To identify success and achievement of oneself and others To recognise how we learn best To know how I feel when I am faced with a new challenge To know how I feel when I see obstacles and how I feel when I overcome them	<u>Personal Development</u> To feel good when we make healthy choices To recognise fear and ask for help To know ways to be clean and healthy and how this affects my body To know how to keep myself safe (road and medicines)	<u>Personal Development</u> To praise myself and promote self esteem. To express my feelings To recognise when I need help and how to ask for help	<u>Personal Development</u> To understand which parts of the body are private. To know some ways to cope with change.
Ages 6-7 <b>Year 2</b>	<u>Jigsaw</u> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Choices and consequences	<u>Jigsaw</u> Assumptions and stereotypes about gender Understanding bullying Standing up for yourself and others Making new friends	<u>Jigsaw</u> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation	<u>Jigsaw</u> Healthier choices Relaxation Medicine safety Healthy eating and nutrition	<u>Jigsaw</u> Different types of family Physical contact boundaries Touches we like and dislike Friendship and conflict Secrets	<u>Jigsaw</u> Life cycles in nature Growing from young to old Increasing independence Differences between female and male bodies

		Celebrating difference and remaining friends	Contributing to and sharing success		Trust and appreciation Expressing appreciation for special relationships	Assertiveness Preparing for transition
	<u>Personal Development</u> To recognise the feelings of worry To explore my own hopes and goals To know how to ask for help To work cooperatively To begin to learn my rights as a learner	<u>Personal Development</u> To understand that differences make us all special and unique To start addressing stereotypes To know the difference between right and wrong To know some reasons behind bullying (differences) To know what I can do if I or others are being bullied	<u>Personal Development</u> To explore my own goals To identify success and feel proud To recognise my own strengths To express how it feels to work as part of a group	<u>Personal Development</u> Be motivated to lead a healthy lifestyle To express feelings and explore when a feeling is strong or weak. To explore healthy and unhealthy medicines. To know which foods are healthy and unhealthy and how this affects my body.	<u>Personal Development</u> To understand the value of family To resolve conflict with friends To express feelings on types of physical contact To understand the feeling of trust To discuss feelings around secrets and what to do if you feel uncomfortable with a secret	<u>Personal Development</u> To understand some changes are out of my control and can recognise how I feel about this (growing older) To feel proud about becoming independent To be confident to state preferences
<b>Ages 7-8</b> <b>Year 3</b>	<u>Jigsaw</u> Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	<u>Jigsaw</u> Families and their differences Family conflict and how to manage it (child-centred) (conflict between parents/conflict between siblings) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	<u>Jigsaw</u> Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluation learning processes Managing feelings	<u>Jigsaw</u> Exercise Being fit and healthy Attitudes towards drugs Keeping safe – things/people places Respect for myself and others Healthy and safe choices	<u>Jigsaw</u> Family roles and responsibilities Friendship and negotiation Online safety Being a global citizen How actions and work of other people help and influence my life. Awareness of how other children have different lives Expressing appreciation for family and friends	Unique me-parents characteristics Family stereotypes Looking ahead
	<u>Personal Development</u> To value myself and know how to make someone else feel valued To recognise my own emotions as well as these emotions in others To recognise behaviour brings rewards and consequence	<u>Personal Development</u> To understand everyone's family is unique and important to them To problem solve (bullying situation-being a witness) To know that words can be hurtful too and can have consequences	<u>Personal Development</u> To identify a dream/ambition that is important to me. To problem solve new learning challenges To know how it feels to work towards achieving a goal, the need of motivation and commitment To be responsible for my own learning To recognise the feeling frustration when obstacles arise and know ways to overcome these feeling	<u>Personal Development</u> To understand how exercise affects my body To share my knowledge about drugs and explore attitudes towards them To know things, people and places I need to keep myself safe from To identify the feeling of safe and unsafe To know the importance of taking care of my body	<u>Personal Development</u> To know and put into practice some of the skills of friendship To know strategies for keeping myself safe online To explore my needs and rights and how these are shared with children across the world To develop Empathy for other children in other parts of the world To express appreciation to my friends and family	<u>Personal Development</u> To show my appreciation that I am a truly unique human being To start to recognise stereotypical ideas I might have about parenting and family roles To identify what I am looking forward to next year
<b>Ages 8-9</b> <b>Year 4</b>	<u>Jigsaw</u> Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences	<u>Jigsaw</u> Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving	<u>Jigsaw</u> Hope and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group	<u>Jigsaw</u> Healthier friendships Group dynamics Smoking Alcohol	<u>Jigsaw</u> Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends	<u>Jigsaw</u> Circles of change Accepting change Looking ahead

	Group decision-making Having a voice	Identify how special and unique everyone is First impressions	Celebrating contributions	Healthy friendships /unhealthy relationships Peer pressure Celebrating inner strength	Showing appreciation to people and animals	
	<u>Personal Development</u> To know my attitudes and actions make a difference To recognise how I fit in to the school community To explore democracy in the role of the school council To understand that my actions affect myself and others To take a role in a group and to contribute to the overall outcome	<u>Personal Development</u> To explore assumptions and how we might make these based on somebody's looks To accept people for who they are. To problem solving in a bullying situation. To like and respect unique features of own physical appearance.	<u>Personal Development</u> To know how to cope with disappointment To be resilient and have a positive attitude to counteract disappointment To celebrate success as part of a group	<u>Personal Development</u> To discuss friendship values and how I fit into different friendship groups To explore the role I take in different situations To discuss smoking and alcohol and how these affect my health To identify feelings of anxiety and acting assertively to resist peer pressure To have my own clear understanding of what I feel is right and wrong	<u>Personal Development</u> To explore feelings of jealousy in different relationships To discuss feelings of loss and how I can support myself emotionally To express my opinion To recognise friendships change and how I can manage that change	<u>Personal Development</u> To be confident to make changes when I think they will benefit me To express my feelings and concerns about changes that are outside my control (general body changes) and know how to manage these feelings positively To reflect on changes I would like to make next year
<b>Ages 9-10</b> <b>Year 5</b>	<u>Jigsaw</u> Planning for the forthcoming year Being a citizen of my country Rights and responsibilities Rewards and consequences How behaviour affects groups – our learning charter	<u>Jigsaw</u> Differences and how they cause conflict – Racism Rumours and name calling- sexism, racism, homophobia, disability, appearance. Types of bullying – direct and indirect Material wealth and happiness Enjoying and respecting other cultures	<u>Jigsaw</u> Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (through charity) Motivation to make a positive contribution	<u>Jigsaw</u> Smoking Alcohol Alcohol and anti-social behaviour Emergency aid and stay calm Body image and altered images in media Relationships with food-anorexia and bulimia Healthy choices (food, cleanliness) Motivation and behaviour to keep yourself healthy and happy	<u>Jigsaw</u> Self-recognition and self-worth/Building self-esteem Safer online communities Being in an Online Community Online gaming (including trolling, personal data, grooming, addiction and gambling) Relationships with technology: screen time Relationships with technology. Staying safe and Happy online	<u>Jigsaw</u> How babies grow Having a baby Babies Outside body changes Inside body changes Girls and puberty (menstruation) Looking ahead
	<u>Personal Development</u> To face new challenges and set personal goals To understand my rights and responsibilities as a citizen of my country To discuss prejudices within British citizenship To make choices about my own behaviour and explore the impact this can have on others To understand how democracy and having a voice benefits the school community	<u>Personal Development</u> To explore cultural differences and know these sometimes cause conflict To understand what racism is To discuss bullying behaviours including rumour spreading and name calling To explain the difference between direct and indirect types of bullying To compare a different culture from my own	<u>Personal Development</u> To understand the need for money to achieve some of their dreams To discuss a range of jobs, the need for qualifications and explore how much people earn To know we can learn and support one another with people from a different culture To encourage others to support young people here and abroad to meet their aspirations.	<u>Personal Development</u> To know the health risks involved with smoking To make an informed decision about smoking and drinking alcohol and know how to resist pressure To know some basic first aid and how to get help in emergency situations To explore how media can affect body image To learn respect and value for my own body Be aware of anorexia and bulimia and know different relationships people can have with food	<u>Personal Development</u> To have an accurate picture of myself and my own personal qualities To understand there are positive and negative consequences to belonging to an online community To know my rights and responsibilities on social networking sites and in online communities To negotiate and compromise in friendships To explore how it feels to be attracted to someone and what having a girlfriend/boyfriend means	<u>Personal Development</u> To express feelings about change To know how to cope with new feelings about myself To develop confidence and strategies to cope with physical and emotional changes. To express fears and concerns about changes.
<b>Ages 10-11</b> <b>Year 6</b>	<u>Jigsaw</u> Identifying goals for the year Global citizenship- comparing wants and needs with children in different communities	<u>Jigsaw</u> Perceptions of normality Understanding difference - focus on transgender. Power struggles	<u>Jigsaw</u> Personal learning goals, in and out of school Success criteria Recognising emotion	<u>Jigsaw</u> Taking personal responsibility How substances affect the body Exploitation Gangs	<u>Jigsaw</u> Mental health Love and loss Managing feelings Power and control	<i>In line with policy, parents can withdraw from this lesson.</i> Puberty for girls ( <b>Girls only</b> )

	<p>Empathy          Choices, consequences and rewards          Group dynamics          Being a role model</p>	<p>Understanding bullying          Inclusion/exclusion          Differences as conflict, difference as celebration          Empathy</p>	<p>Empathy/fundraising          Motivation          Recognising achievements          Compliments</p>	<p>Emotional and mental health          Managing stress and pressure</p>	<p>Being online: Real or fake?          Technology safety          Take responsibility with technology use</p>	<p><i>In line with policy, parents can withdraw from this lesson.</i>          Puberty for boys (<b>Boys only</b>)   <i>In line with policy, parents can withdraw from this lesson.</i>          Conception           Boyfriends and girlfriends          Self and body image          Real self and ideal self          Transition</p>
	<p><u>Personal Development</u>          To explore fears and worries about the future and know how to express them          To know there are universal rights for all children but these are not always met for everybody          To be aware that my actions affect other people locally and globally          To understand how democracy and having a voice benefits the school community</p>	<p><u>Personal Development</u>          To explore different perceptions of 'normal'          To empathise with people living with disability          To celebrate people with disabilities          To discuss power struggles and control          To know why people use bullying behaviours</p>	<p><u>Personal Development</u>          To know my learning strengths and set realistic goals          To identify and discuss problems in the world that concern me          To recognise why it is important to stretch the boundaries of current learning.          To give and receive praise and compliments.</p>	<p><u>Personal Development</u>          To take responsibility for my health          To know about different types of drugs and their effect on the body          To explore exploitation and know what I can do in these situations          To discuss gangs and the risks this involves          To know what it means to be emotionally well          To discuss people's attitudes towards mental health/illnesses          To recognise stress and triggers</p>	<p><u>Personal Development</u>          To know why it is important to take care of my mental health          To know how to take care of my mental health          To know there are different stages of grief and different types of loss          To recognise when people are trying to gain power or control          To make judgements on whether something online is safe and helpful for me          To use technology positively and safely to communicate with my friends and family</p>	<p><u>Personal Development</u>          To understand that sexual intercourse can lead to conception and that is how babies are usually made          To identify what they are looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)          To know how to develop my own self esteem          To express how I feel about the changes that will happen to me during puberty          To prepare myself emotionally for change</p>