

Being Me In My World



The first Jigsaw unit covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice. The unit concludes with each child contributing to a whole-school charter depicting our agreed set of rules on how we will treat each other



Celebrating Difference



Unit 2 focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and most year groups explore the concept of 'normality'.

Anti-bullying, including cyber and homophobic bullying, is an important aspect of this Puzzle.



Dreams and Goals



Unit 3 aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, using team-work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.



Healthy Me



This unit covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid).

Most of the statutory content for Health Education (DfE) is contained within this Puzzle.



Relationships



Unit 5 starts with building a respectful relationship with self and covers topics including families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to online safety and social networking. Children learn how to deal with conflict, build assertiveness skills, and identify their own strengths and strategies for building self-esteem and resilience. They explore roles and responsibilities in families and friendship groups, and consider stereotypes.



Changing Me



The final unit deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding.

Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes.

