

# Autumn 1 - Being Me in My World Puzzle Map – Y1



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Special and Safe</b>	H7	I know how to use my Jigsaw Journal	I feel special and safe in my class
<b>2. My Class</b>	R7, R14	I understand the rights and responsibilities as a member of my class	I know that I belong to my class
<b>3. Rights and Responsibilities</b>	R9, R12, R14, R16	I understand the rights and responsibilities for being a member of my class	I know how to make my class a safe place for everybody to learn
<b>4. Rewards and Feeling Proud</b>	H2, H3	I know my views are valued and can contribute to the Learning Charter	I recognise how it feels to be proud of an achievement
<b>5. Consequences</b>	H4	I can recognise the choices I make and understand the consequences	I recognise the range of feelings when I face certain consequences
<b>6. Owning our Learning Charter</b>	R12, R16	I understand my rights and responsibilities within our Learning Charter	I understand my choices in following the Learning Charter

## Vocabulary

Safe, Special, Calm, Belonging, Special,  
Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration



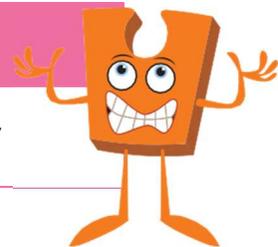
## Autumn 2 - Celebrating Difference Puzzle Map – Y1



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1.The same as...</b>	R5, R12, R16	I can identify similarities between people in my class	I can tell you some ways in which I am the same as my friends
<b>2. Different from...</b>	R12, R16, H7, H8	I can identify differences between people in my class	I can tell you some ways I am different from my friends
<b>3.What is 'bullying'?</b>	R17, R29, H7, H8	I can tell you what bullying is	I understand how being bullied might feel
<b>4.What do I do about bullying?</b>	R17, R29, R31, R32, H9,	I know some people who I could talk to if I was feeling unhappy or being bullied	I can be kind to children who are bullied
<b>5.Making new friends</b>	R2, R8, R9, R10, R11, R13,R19, R25	I know how to make new friends	I know how it feels to make a new friend
<b>6.Celebrating difference; celebrating me</b> <b>Assessment Opportunity</b>	R12, H2, H3	I can tell you some ways I am different from my friends	I understand these differences make us all special and unique

### Vocabulary

Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique



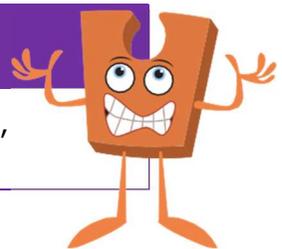
# Spring 1 - Dreams & Goals Puzzle Map – Y1



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. My Treasure Chest of Success</b>	H1	I can set simple goals	I can tell you about a thing I do well
<b>2. Steps to Goals</b>		I can set a goal and work out how to achieve it	I can tell you how I learn best
<b>3. Achieving Together</b> Puzzle outcome: Dream wellies	R12, R16	I understand how to work well with a partner	I can celebrate achievement with my partner
<b>4. Stretchy Learning</b> Puzzle outcome: Stretchy flowers		I can tackle a new challenge and understand this might stretch my learning	I can identify how I feel when I am faced with a new challenge
<b>5. Overcoming Obstacles</b>	R30, H4	I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them	I know how I feel when I see obstacles and how I feel when I overcome them
<b>6. Celebrating My Success Assessment Opportunity</b>	H3	I can tell you how I felt when I succeeded in a new challenge and how I celebrated it	I know how to store the feelings of success in my internal treasure chest

## Vocabulary

Proud, Success, Treasure, Coins, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve



# Spring 2 - Healthy Me Puzzle Map – Y1



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Being Healthy</b>	H1, H2, H5, H6, H18, H19, H28	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	I feel good about myself when I make healthy choices
<b>2. Healthy Choices</b>	H1, H3, H5, H6, H18, H19, H22, H23, H28	I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices
<b>3. Clean and Healthy</b>	H6, H18, H30	I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly	I am special so I keep myself safe
<b>4. Medicine Safety</b>	H6, H18	I understand that medicines can help me if I feel poorly and I know how to use them safely	I know some ways to help myself when I feel poorly
<b>5. Road Safety</b>	H6, H18, H21	I know how to keep safe when crossing the road, and about people who can help me to stay safe	I can recognise when I feel frightened and know who to ask for help
<b>6. Happy, Healthy Me</b> <b>Assessment Opportunity</b> <b>Puzzle outcome: Keeping clean and healthy</b>	R15, H5, H6, H18, H24, H30	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy	I can recognise how being healthy helps me to feel happy

## Vocabulary

Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait



# Summer 1 - Relationships Puzzle Map – Y1



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1.Families</b>	R1, R2, R3, R4	I can identify the members of my family and understand that there are lots of different types of families	I know how it feels to belong to a family and care about the people who are important to me
<b>2.Making Friends</b>	R7, R8, R9, R10, R11, R12	I can identify what being a good friend means to me	I know how to make a new friend
<b>3.Greetings</b>	R14, R19, R25, R26, R27, R28	I know appropriate ways of physical contact to greet my friends and know which ways I prefer	I can recognise which forms of physical contact are acceptable and unacceptable to me
<b>4.People Who Help Us</b>	R11, R16, R19, R25, R28, R32, H4	I know who can help me in my school community	I know when I need help and know how to ask for it
<b>5.Being My Own Best Friend</b>	R9, R10, R11, R15, R30, H3, H6	I can recognise my qualities as a person and a friend	I know ways to praise myself
<b>6.Celebrating My Special Relationships</b> <b>Puzzle Outcome:</b> <b>Balloons Assessment</b> <b>Opportunity</b>	R12, R13, R16, H2, H6	I can tell you why I appreciate someone who is special to me	I can express how I feel about them

## Vocabulary

Belong, Same, Different, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate



## Summer 2 - Changing Me Puzzle Map – Y1



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Life cycles</b>	R1, R6	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK
<b>2. Changing Me</b>	H4	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not
<b>3. My Changing Body</b>		I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
<b>4. Learning and Growing</b> <b>Puzzle Outcome: Piece 5 Flowers</b>	R15	I understand that every time I learn something new I change a little bit	I enjoy learning new things
<b>5. Coping with Changes</b> <b>Assessment</b> <b>Opportunity</b>	R32, H2, H3	I can tell you about changes that have happened in my life	I know some ways to cope with changes
<b>6. Preparing for changes</b>		I can share how I am prepared for Y2	I know why I am ready for Y2

### Vocabulary

Changes, Life cycles, Adulthood, Mature, Male, Female, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping

