

Autumn 1 - Being Me in My World Puzzle Map – Y4



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Becoming a Class 'Team'	R7, R8, R9, H2, H3	I know my attitudes and actions make a difference to the class team I know how to use my Jigsaw Journal	I know how good it feels to be included in a group and understand how it feels to be excluded I try to make people feel welcome and valued
2. Being a School Citizen	R11, R12, R14	I understand who is in my school community, the roles they play and how I fit in	I can take on a role in a group and contribute to the overall outcome
3. Rights, Responsibilities and Democracy	R12, R16	I understand how democracy works through the School Council	I can recognise my contribution to making a Learning Charter for the whole school
4. Rewards and Consequences	R14, R19	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them	I understand how rewards and consequences motivate people's behaviour
5. Our Learning Charter	R13, R25	I understand how groups come together to make decisions	I can take on a role in a group and contribute to the overall outcome
6. Owning our Learning Charter		I understand my actions affect others and try to see things from their points of view	I am choosing to follow the Learning Charter

Vocabulary

Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)



Autumn 2 - Celebrating Difference Puzzle Map – Y4



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.Judging by Appearances	R13	I understand that, sometimes, we make assumptions based on what people look like	I try to accept people for who they are
2.Understanding influences	R11, R12, R13, R20, R21, R22, R25, H7	I understand what influences me to make assumptions based on how people look	I can question why I think what I do about other people
3.Understanding Bullying	R11, R16, R22, R31, R32, H7, H8, H9, H13	I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure	I know how it might feel to be a witness to and a target of bullying
4. Witnessing bullying and how to solve it (Y3)	R11, R17, R31, H8, H9	I know what it means to be a witness to bullying	I know some ways of helping to make someone who is bullied feel better
5.Problem-solving	R30	I can tell you why witnesses sometimes join in with bullying and sometimes don't tell	I like and respect the unique features of my physical appearance
6.Celebrating Difference: how we look Assessment Opportunity	R15, R16, H2, H3	I can tell you a time when my first impression of someone changed when I got to know them	I can explain why it is good to accept people for who they are

Vocabulary

Character, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Secret, Deliberate, On purpose, Bystander, Witness, Problem-solve, Gay, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed



Spring 1 - Dreams & Goals Puzzle Map – Y4



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.Hopes and Dreams			I know how it feels to have hopes and dreams
2.Broken Dreams		I understand that sometimes hopes and dreams do not come true and that this can hurt	I know how disappointment feels and can identify when I have felt that way
3.Overcoming Disappointment	R12	I know that reflecting on positive and happy experiences can help me to counteract disappointment	I know how to cope with disappointment and how to help others cope with theirs
4.Creating New Dreams		I know how to make a new plan and set new goals even if I have been disappointed	I know what it means to be resilient and to have a positive attitude
5.Achieving Goals Puzzle Outcome: Potato People	R14	I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group	I can enjoy being part of a group challenge
6 .We Did It! Assessment Opportunity	R16, H2, H3	I can identify the contributions made by myself and others to the group's achievement	I know how to share in the success of a group and how to store this success experience in my internal treasure chest

Vocabulary
Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise



Spring 2 - Healthy Me Puzzle Map – Y4



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.My Friends and Me	R7, R8, R11, R13, H2, H3	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most	I can identify the feelings I have about my friends and my different friendship groups
2.Group Dynamics	R8, R10, R11, R13, R19, R20, R21, R22, R25	I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations	I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with
3.Smoking	R30, R31, R32, H21, H25, H26	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke	I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others
4.Alcohol	R30, R31, R32, H21, H24, H25, H26	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol	I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others
5.Healthy Friendships Puzzle Outcome: Healthy Friendships	R8, R9, R10, R11, R12, R13, R16, R20, R25, R29, R32, H1, H4	I can recognise when people are putting me under pressure and can explain ways to resist this when I want	I can identify feelings of anxiety and fear associated with peer pressure
6.Celebrating My Inner Strength and Assertiveness Assessment Opportunity	R11, R12, R14, R15, R16, R19, R22, R25	I know myself well enough to have a clear picture of what I believe is right and wrong	I can tap into my inner strength and know how to be assertive

Vocabulary

Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong



Summer 1 - Relationships Puzzle Map – Y4



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Jealousy	R6	I can recognise situations which can cause jealousy in relationships	I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens
2. Love and Loss	R6, H2, H3, H7, H9	I can identify someone I love and can express why they are special to me	I know how most people feel when they lose someone or something they love
3. Memories Puzzle outcome: Memory Box	H4, H10	I can tell you about someone I know that I no longer see	I understand that we can remember people even if we no longer see them
4. Getting on and Falling Out	R7, R8, R9, R10, R11, R12, R13, R14, R16, R19, R25, R32, H7	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends	I know how to stand up for myself and how to negotiate and compromise
5. Celebrating My Relationships with People and Animals Assessment Opportunity	R2, R4, R9, R12, R16, R19, R25	I know how to show love and appreciation to the people and animals who are special to me	I can love and be loved

Vocabulary

Relationship, Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love.



Summer 2 - Changing Me Puzzle Map – Y4



Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Reflection (Not in Jigsaw)		I can think back in the year and identify my strengths and areas to improve on.	I am confident enough to try to make changes that I think they will benefit me
2. Circles of Change Puzzle Outcome: Circles of Change	H4	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me
3. Accepting Change	H2, H3	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
4. Looking Ahead Assessment Opportunity		I can identify what I am looking forward to when I move to a new class	I can reflect on the changes I would like to make next year and can describe how to go about this

Vocabulary

Personal, Journey, Reflection, Targets, Circle, Seasons, Change, Control, Emotions, Acceptance

