

Emmaus

Church of England and Catholic Primary School  
Travelling together with Jesus



# Jigsaw PHSE 3-11 Progression Map



| Progression of skills and knowledge |                                                                                                                                                                                                                                                                                                                               |                                                                                         |                                                                                      |                                                                                               |                                                                                                 |                                                                                            |
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| Dreams and Goals                    |                                                                                                                                                                                                                                                                                                                               |                                                                                         |                                                                                      |                                                                                               |                                                                                                 |                                                                                            |
| Spring Term 1                       |                                                                                                                                                                                                                                                                                                                               |                                                                                         |                                                                                      |                                                                                               |                                                                                                 |                                                                                            |
| Early Years<br>3-5 (F1-F2)          | Challenges                                                                                                                                                                                                                                                                                                                    |                                                                                         |                                                                                      |                                                                                               |                                                                                                 |                                                                                            |
|                                     | Perseverance<br>Goal-setting<br>Overcoming obstacles<br>Seeking help<br>Jobs<br>Achieving goals<br><br>See themselves as a valuable individual. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. • Show resilience and perseverance in the face of challenge. |                                                                                         |                                                                                      |                                                                                               |                                                                                                 |                                                                                            |
| Skills                              | Year 1                                                                                                                                                                                                                                                                                                                        | Year 2                                                                                  | Year 3                                                                               | Year 4                                                                                        | Year 5                                                                                          | Year 6                                                                                     |
| Being Me In My World<br>Autumn 1    | Setting goals<br>Identifying successes and achievements<br>Learning styles<br>Working well and                                                                                                                                                                                                                                | Achieving realistic goals<br>Perseverance<br>Learning strengths<br>Learning with others | Difficult challenges and achieving success<br>Dreams and ambitions<br>New challenges | Exercise<br>Fitness challenges<br>Food labelling and healthy swaps<br>Attitudes towards drugs | Healthier friendships<br>Group dynamics<br>Smoking<br>Alcohol<br>Assertiveness<br>Peer pressure | Smoking, including vaping<br>Alcohol<br>Alcohol and anti-social behaviour<br>Emergency aid |

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|  | celebrating achievement with a partner<br>Tackling new challenges<br>Identifying and overcoming obstacles<br>Feelings of Success | Group co-operation<br>Contributing to and sharing success | Motivation and enthusiasm<br>Recognising and trying to overcome obstacles<br>Evaluating learning processes<br>Managing Feelings<br>Simple budgeting | Keeping safe and why it's important online and offline scenarios<br>Respect for myself and others<br>Healthy and safe choices | Celebrating inner strength | Body image<br>Relationships with food<br>Healthy choices<br>Motivation and behavior |
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|  | <p>LO: I can explain how I feel when I am successful and how this can be celebrated positively.</p> <p>LO: I can say why my internal treasure chest is an important place to store positive feelings.</p> | <p>LO: I can explain how I played my part in a group and the parts other people played to create an end product.</p> <p>I can explain how our skills complemented each other.</p> <p>LO: I can explain how it felt to be part of a group and can identify a range of feelings about group work.</p> | <p>LO: I can explain the different ways that help me learn and what I need to do to improve.</p> <p>LO: I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important</p> | <p>LO: I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services.</p> <p>LO: I can express how being anxious/ scared and unwell feels.</p> | <p>LO I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>LO: I can identify feelings of anxiety and fear associated with peer pressure.</p> | <p>LO: I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>LO: I can summarise different ways that I respect and value my body.</p> |
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