

Emmaus

Church of England and Catholic Primary School
Travelling together with Jesus



Jigsaw PHSE 3-11 Progression Map



Progression of skills and knowledge

Healthy Me

Spring Term 1

Exercising Bodies

Physical
activity
Healthy food
Sleep
Keeping
clean Safety

Manage their own needs. - personal hygiene • Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep
rouFurther develop the skills they need to manage the school day successfully: - lining up and queuing – mealtimes.

Skills

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Healthy Me Spring 2	.Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress
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	LO: I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. LO: I can give examples of when being healthy can help me feel happy.	LO: I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. LO: I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.	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. LO: I can express how being anxious/ scared and unwell feels.	LO: I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. LO: I can identify feelings of anxiety and fear associated with peer pressure.	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. LO: I can summarise different ways that I respect and value my body.	LO: I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. LO: I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.
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