

## SKILLS/KNOWLEDGE IN PSHE and RHE (Reviewed February 2024)

	CUBS	BEARS	RECEPTION	YEAR 1	YEAR 2
<b>AUT 1</b>	<b>Jigsaw – Being Me In My World</b> <ul style="list-style-type: none"> <li>Identify feelings associated with belonging</li> <li>Skills to play co-operatively with others</li> <li><i>Know that hands can be used kindly and unkindly</i></li> </ul>	<b>Jigsaw – Being Me In My World</b> <ul style="list-style-type: none"> <li>Identify feelings associated with belonging</li> <li>Skills to play co-operatively with others</li> <li>Be able to consider others' feelings</li> <li><i>Know they have a right to learn and play, safely and happily</i></li> <li><i>Know that some people are different from themselves</i></li> <li><i>Know that hands can be used kindly and unkindly</i></li> </ul>	<b>Jigsaw – Being Me In My World</b> <ul style="list-style-type: none"> <li>Identify feelings associated with belonging</li> <li>Skills to play co-operatively with others</li> <li>Be able to consider others' feelings</li> <li><i>Know they have a right to learn and play, safely and happily</i></li> <li><i>Know that some people are different from themselves</i></li> <li><i>Know that hands can be used kindly and unkindly</i></li> </ul>	<b>Jigsaw – Being Me In My World</b> <ul style="list-style-type: none"> <li>Understand that they are safe in their class</li> <li>Identifying helpful behaviours to make the class a safe place</li> <li>Understand that they have choices</li> <li><i>Understand their own rights and responsibilities with their classroom</i></li> <li><i>Understand that their choices have consequences</i></li> <li><i>Understand that their views are important</i></li> </ul>	<b>Jigsaw – Being Me In My World</b> <ul style="list-style-type: none"> <li>Know how to make their class a safe and fair place</li> <li>Show good listening skills</li> <li>Be able to work co-operatively</li> <li><i>Understand the rights and responsibilities of class members</i></li> <li><i>Know about rewards and consequences and that these stem from choices</i></li> <li><i>Know that it is important to listen to other people</i></li> <li><i>Understand that their own views are valuable</i></li> </ul>
<b>AUT 2</b>	<b>Jigsaw – Celebrating Differences</b> <ul style="list-style-type: none"> <li>Recognise emotions when they or someone else is upset.</li> <li>Identify and use skills to make a friend</li> <li>Identify some ways they can be the same as others</li> <li><i>Know the names of some emotions such as happy, sad.</i></li> </ul>	<b>Jigsaw – Celebrating Differences</b> <ul style="list-style-type: none"> <li>Recognise emotions when they or someone else is upset, frightened or angry</li> <li>Identify and use skills to make a friend</li> <li>Identify some ways they can be different and the same as others</li> <li>Identify and use skills to stand up for themselves</li> <li><i>Know what being unique means</i></li> <li><i>Know the names of some emotions such as happy, sad, frightened, angry</i></li> <li><i>Know why having friends is important</i></li> <li><i>Know some qualities of a positive friendship</i></li> </ul>	<b>Jigsaw – Celebrating Differences</b> <ul style="list-style-type: none"> <li>Recognise emotions when they or someone else is upset, frightened or angry</li> <li>Identify and use skills to make a friend</li> <li>Identify some ways they can be different and the same as others</li> <li>Identify and use skills to stand up for themselves</li> <li><i>Know what being unique means</i></li> <li><i>Know the names of some emotions such as happy, sad, frightened, angry</i></li> <li><i>Know why having friends is important</i></li> <li><i>Know some qualities of a positive friendship</i></li> <li><i>Know that they don't have to be 'the same as' to be a friend</i></li> </ul>	<b>Jigsaw – Celebrating Differences</b> <ul style="list-style-type: none"> <li>Identify what is bullying and what isn't</li> <li>Understand how being bullied might feel</li> <li>Recognise ways in which they are the same as their friends and ways they are different</li> <li><i>Know what bullying means</i></li> <li><i>Know who to tell if they or someone else is being bullied or is feeling unhappy</i></li> <li><i>Know that people are unique and that it is OK to be different</i></li> </ul>	<b>Jigsaw – Celebrating Differences</b> <ul style="list-style-type: none"> <li>Explain how being bullied can make someone feel</li> <li>Know how to stand up for themselves when they need to</li> <li>Understand that everyone's differences make them special and unique</li> <li><i>Know the difference between a one-off incident and bullying</i></li> <li><i>Know that sometimes people get bullied because of difference</i></li> <li><i>Know that friends can be different and still be friends</i></li> </ul>
<b>SPR 3</b>	<b>Jigsaw – Dreams and Goals</b> <ul style="list-style-type: none"> <li>Recognise how kind words can encourage people</li> </ul>	<b>Jigsaw – Dreams and Goals</b> <ul style="list-style-type: none"> <li>Understand that challenges can be difficult</li> <li>Recognise how kind words can encourage people</li> <li><i>Know what a challenge is</i></li> <li><i>Know that it is important to keep trying</i></li> <li><i>Know what a goal is</i></li> </ul>	<b>Jigsaw – Dreams and Goals</b> <ul style="list-style-type: none"> <li>Understand that challenges can be difficult</li> <li>Resilience</li> <li>Recognise some of the feelings linked to perseverance</li> <li>Recognise how kind words can encourage people</li> <li><i>Know what a challenge is</i></li> <li><i>Know that it is important to keep trying</i></li> <li><i>Know what a goal is</i></li> </ul>	<b>Jigsaw – Dreams and Goals</b> <ul style="list-style-type: none"> <li>Recognise things that they do well</li> <li>Explain how they learn best</li> <li>Recognise their own feelings when faced with a challenge/obstacle</li> <li><i>Know how to set simple goals</i></li> <li><i>Know how to achieve a goal</i></li> <li><i>Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them</i></li> <li><i>Know when a goal has been achieved</i></li> </ul>	<b>Jigsaw – Dreams and Goals</b> <ul style="list-style-type: none"> <li>Recognise how working with others can be helpful</li> <li>Be able to work effectively with a partner</li> <li>Be able to choose a partner with whom they work well</li> <li>Be able to work as part of a group</li> <li><i>Know how to choose a realistic goal and think about how to achieve it</i></li> <li><i>Know that it is important to persevere</i></li> <li><i>Know how to recognise what working together well looks like</i></li> </ul>

<p><b>SPR</b> <b>4</b></p>	<p><b>Jigsaw- Healthy Me</b></p> <ul style="list-style-type: none"> <li>• Can give examples of healthy food</li> <li>• <i>Know some things that they need to do to keep healthy</i></li> <li>• <i>Know the names for some parts of their body</i></li> <li>• <i>Know when and how to wash their hands properly</i></li> </ul>	<p><b>Jigsaw- Healthy Me</b></p> <ul style="list-style-type: none"> <li>• Can explain what they need to do to stay healthy</li> <li>• Recognise how exercise makes them feel</li> <li>• Can give examples of healthy food</li> <li>• <i>Know what the word 'healthy' means</i></li> <li>• <i>Know some things that they need to do to keep healthy</i></li> <li>• <i>Know the names for some parts of their body</i></li> <li>• <i>Know when and how to wash their hands properly</i></li> <li>• <i>Know how to say no to strangers</i></li> </ul>	<p><b>Jigsaw- Healthy Me</b></p> <ul style="list-style-type: none"> <li>• Can explain what they need to do to stay healthy</li> <li>• Recognise how exercise makes them feel</li> <li>• Can give examples of healthy food</li> <li>• Can explain what to do if a stranger approaches them</li> <li>• <i>Know what the word 'healthy' means</i></li> <li>• <i>Know some things that they need to do to keep healthy</i></li> <li>• <i>Know the names for some parts of their body</i></li> <li>• <i>Know when and how to wash their hands properly</i></li> <li>• <i>Know how to say no to strangers</i></li> </ul>	<p><b>Jigsaw- Healthy Me</b></p> <ul style="list-style-type: none"> <li>• Keep themselves safe</li> <li>• Recognise how being healthy helps them to feel happy</li> <li>• Recognise ways to look after themselves if they feel poorly</li> <li>• Recognise when they feel frightened and know how to ask for help</li> <li>• <i>Know the difference between being healthy and unhealthy</i></li> <li>• <i>Know how to make healthy lifestyle choices</i></li> <li>• <i>Know that all household products, including medicines, can be harmful if not used properly</i></li> <li>• <i>Know how to keep safe when crossing the road</i></li> </ul>	<p><b>Jigsaw- Healthy Me</b></p> <ul style="list-style-type: none"> <li>• Feel positive about caring for their bodies and keeping it healthy</li> <li>• Have a healthy relationship with food</li> <li>• Desire to make healthy lifestyle choices</li> <li>• Keep themselves safe</li> <li>• <i>Know what their body needs to stay healthy</i></li> <li>• <i>Know what relaxed means</i></li> <li>• <i>Know why healthy snacks are good for their bodies</i></li> <li>• <i>Know which foods given their bodies energy</i></li> </ul>
<p><b>SUM</b> <b>5</b></p>	<p><b>Jigsaw – Relationships</b></p> <ul style="list-style-type: none"> <li>• Can identify what jobs they do in their family and those carried out by parents/carers and siblings</li> <li>• <i>Know what a family is</i></li> <li>• <i>Know some of the characteristics of healthy and safe friendships</i></li> </ul>	<p><b>Jigsaw – Relationships</b></p> <ul style="list-style-type: none"> <li>• Can identify what jobs they do in their family and those carried out by parents/carers and siblings</li> <li>• Can recognise what being angry feels like</li> <li>• <i>Know what a family is</i></li> <li>• <i>Know some of the characteristics of healthy and safe friendships</i></li> <li>• <i>Know that friends sometimes fall out</i></li> <li>• <i>Know some ways to mend a friendship</i></li> <li>• <i>Know that unkind words can upset others.</i></li> </ul>	<p><b>Jigsaw – Relationships</b></p> <ul style="list-style-type: none"> <li>• Can identify what jobs they do in their family and those carried out by parents/carers and siblings</li> <li>• Can suggest ways to make a friend or help someone who is lonely</li> <li>• Can recognise what being angry feels like</li> <li>• <i>Know what a family is</i></li> <li>• <i>Know some of the characteristics of healthy and safe friendships</i></li> <li>• <i>Know that friends sometimes fall out</i></li> <li>• <i>Know some ways to mend a friendship</i></li> <li>• <i>Know that unkind words can never be taken back and they can hurt</i></li> </ul>	<p><b>Jigsaw – Relationships</b></p> <ul style="list-style-type: none"> <li>• Can express how it feels to be part of a family and to care for family members</li> <li>• Can say what being a good friend means</li> <li>• Can identify forms of physical contact they prefer</li> <li>• Can say no when they receive a touch they don't like</li> <li>• <i>Know that everyone's family is different</i></li> <li>• <i>Know that families are founded on belonging, love and care</i></li> <li>• <i>Know that physical contact can be used as a greeting</i></li> <li>• <i>Know how to make a friend</i></li> <li>• <i>Know who to ask for help in the school community</i></li> </ul>	<p><b>Jigsaw – Relationships</b></p> <ul style="list-style-type: none"> <li>• Can recognise and talk about the types of physical contact that is acceptable or unacceptable</li> <li>• Can identify the negative feelings associated with keeping a worry secret</li> <li>• Can identify who they trust in their own relationships</li> <li>• <i>Know that there are lots of forms of physical contact within a family</i></li> <li>• <i>Know how to stay stop if someone is hurting them</i></li> <li>• <i>Know there are good secrets and worry secrets and why it is important to share worry secrets</i></li> <li>• <i>Know what trust is</i></li> </ul>
<p><b>SUM</b> <b>6</b></p>	<p><b>Jigsaw – Changing Me</b></p> <ul style="list-style-type: none"> <li>• <i>Know the names and functions of some parts of the body (see vocabulary list)</i></li> <li>• <i>Know that we grow from baby to adult</i></li> </ul>	<p><b>Jigsaw – Changing Me</b></p> <ul style="list-style-type: none"> <li>• Recognise that changing class can elicit happy and/or sad emotions</li> <li>• Can say how they feel about changing class/ growing up</li> <li>• Can identify how they have changed from a baby</li> <li>• <i>Know the names and functions of some parts of the body (see vocabulary list)</i></li> <li>• <i>Know that we grow from baby to adult</i></li> </ul>	<p><b>Jigsaw – Changing Me</b></p> <ul style="list-style-type: none"> <li>• Recognise that changing class can elicit happy and/or sad emotions</li> <li>• Can say how they feel about changing class/ growing up</li> <li>• Can identify how they have changed from a baby</li> <li>• <i>Know the names and functions of some parts of the body (see vocabulary list)</i></li> <li>• <i>Know that we grow from baby to adult</i></li> <li>• <i>Know who to talk to if they are feeling worried</i></li> </ul>	<p><b>Jigsaw – Changing Me</b></p> <ul style="list-style-type: none"> <li>• Understand and accept that change is a natural part of getting older</li> <li>• Can suggest ways to manage change, e.g. moving to a new class</li> <li>• Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)</li> <li>• <i>Know the names of male and female private body parts</i></li> <li>• <i>Know who to ask for help if they are worried or frightened</i></li> <li>• <i>Know that there are correct names for private body parts and nicknames, and when to use them</i></li> <li>• <i>Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</i></li> </ul>	<p><b>Jigsaw – Changing Me</b></p> <ul style="list-style-type: none"> <li>• Can say who they would go to for help if worried or scared</li> <li>• Can say what types of touch they find comfortable/uncomfortable</li> <li>• Be able to confidently ask someone to stop if they are being hurt or frightened</li> <li>• <i>Know the physical differences between male and female bodies</i></li> <li>• <i>Know that private body parts are special and that no one has the right to hurt these</i></li> <li>• <i>Know there are different types of touch and that some are acceptable and some are unacceptable</i></li> </ul>