

Please use the Jigsaw online resources for additional information on what to include in your lessons. <https://jigsawpshe.online/welcome>

Username: swooldridge@collis.richmond.sch.uk Password: DiscoveryJigsaw2022!

EYFS	Dreams and Goals - Spring 1		Healthy Me – Spring 2	
	Learning Objectives & sticky knowledge		Learning Objectives	Knowledge
	<u>L1 – To understand that if I persevere I can tackle challenges</u> Knowledge – I can tell you what persevere means (simple explanation eg. when you don't give up) <u>L2 – To be able to tell you about a time I didn't give up until I achieved my goal</u> Knowledge – I can tell you one occasion when I have overcome a challenge. <u>L3 – To set a goal and work towards it</u> Knowledge – With an adult's help, choose a simple, realistic goal to work towards. This could be set as a class or individually. <u>L4 – To use kind words to encourage people</u> Knowledge – I can tell you two things I would say to someone who needed encouragement. <u>L5 – To understand the link between what I learn now and the job I might like to do when I'm older</u> Knowledge – I will be able to tell you a learning skill for at least 2 jobs. Eg. footballer = ball skills / balance. <u>L6 – To be able to say how I feel when I achieve a goal and know what it means to feel proud</u> - Identify opportunities where we can promote the Collis 5C's, Care, Challenge, Collaboration, Courage, Creativity. Knowledge – I can tell you how someone might celebrate an achievement.		<u>L1 – To understand that I need to exercise to keep my body healthy</u> <u>Knowledge - To know the names of some body parts – head, shoulders, knees and toes (eyes, ears, mouth, nose)</u> <u>L2 – To understand how moving and resting are good for my body</u> Knowledge – to be able to verbally give an example of how to move and rest. <u>L3 – To know which foods are healthy and not so healthy and can make healthy eating choices</u> Knowledge – I can tell you at least two foods that are healthy and not healthy for my body. <u>L4 - To know how to help myself go to sleep and understand why sleep is good for me</u> Knowledge – I can tell you how sleep helps me and talk about my sleep routines. <u>L5 – To know how to wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet</u> <u>Knowledge – to know why we wash hands after going to the toilet</u> <u>L6 – To know what a stranger is and how to stay safe if a stranger approaches me</u> Knowledge – I can explain that a stranger is someone I do not know and name someone I would get help from if a stranger approached me.	
	Dream, Goal, Challenge, Job, Ambition, Persevere, Achievement, Happy, Kind, Encourage		Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scared, Trust	
	Safeguarding links Safer Internet day Water Safety assembly for whole school		Safeguarding links World Oral Health Day Stranger Danger (Police visit)	
	 British Value links		 British Value links	

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	Learning Objectives & sticky knowledge	Learning Objectives	Knowledge
Year 1	<u>L1 – To be able to set simple goals</u> Knowledge – I can tell you at least two examples of a goal someone might set for themselves. <u>L2- To set a goal and work out how to achieve it</u> Knowledge – I can choose a simple goal for myself and think of two things I need to do to achieve it. <u>L3 – To understand how to work well with a partner</u> Knowledge – I will be able to say two ways that I can work well with someone else – listening, negotiate, share, take turns. <u>L4 - To tackle a new challenge and understand this might stretch my learning</u> Knowledge – I can tell you two feelings you might have when you attempt a new challenge. <u>L5 – To tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them</u> Knowledge – I can say what might make a challenge difficult to achieve and give two ways to overcome them (persevere, team work, listen to others). <u>L6 – To be able to tell you how I felt when I succeeded in a new challenge and how I celebrated it</u> Knowledge – I can name two appropriate emotions for when I complete a goal.	<u>L1 – To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy</u> Knowledge – <u>To know you should wash hands after going to the toilet and before eating</u> <u>L2 – To know how to make healthy lifestyle choices</u> Knowledge – I can tell you three ways to keep myself healthy. <u>L3 – To know how to keep myself clean and healthy, and understand how germs cause disease/illness</u> Knowledge - To know that all household products including medicines can be harmful if not used properly <u>L4 – To understand that medicines can help me if I feel poorly and I know how to use them safely</u> Knowledge – <u>To know that we should only take medicines when an adult is helping us</u> <u>L5 – To know how to keep safe when crossing the road, and about people who can help me to stay safe</u> Knowledge – <u>To know to stop, look and go before crossing the road</u> <u>L6 – To be able to tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</u> Knowledge – I can create a poster with three images showing how to keep my body healthy and safe (medicines, food, exercise to be included).	
	Proud, Success, Achievement, Goal, Treasure, Coins, Goal, Learning, Stepping Stones, Process, Working Together, Team Work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve, Dreams, Goals	Healthy, unhealthy, balanced, exercise, choices, clean, hygienic, safe, trust, medicine, Green Cross Code, look, listen, wait	
	Safeguarding links Safer Internet day Water Safety assembly for whole school	Safeguarding links World Oral Health Day Stranger Danger (Police visit) School Nurse (medicine safety) Online safety How do you say goodbye to technology when you don't want to?	
	 British Value links	 British Value links Rule of Law	

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Year 2	Dreams and Goals - Spring 1	Healthy Me – Spring 2
	Learning Objectives & sticky knowledge	Learning Objectives
	<u>L1 – To choose a realistic goal and think about how to achieve it</u> Knowledge – To know what a realistic goal is and 2 steps towards achieving it <u>L2 – To be able to carry on trying (persevering) even when I find tasks difficult</u> Knowledge – To give an example of a time when I had to persevere and explain how I felt. <u>L3 – To be able to work well in a partner or a group</u> Knowledge- to give 3 useful tips for how to work well with others <u>L4 – To work well in a group to create an end project</u> Knowledge- to use the 3 useful tips when I work in a group <u>L5 – To be able to explain some of the ways I worked well to create my project</u> Knowledge – I can reflect and give 2 examples of what worked well when I worked in a group <u>L6 – To share success with other people</u> Knowledge – I can think of appropriate ways to celebrate my success with others.	<u>L1- To know what I need to keep my body healthy</u> Knowledge- To give 3 examples of how to keep my body healthy (food, exercise, wellbeing) <u>L2 – To be able to explain what makes me feel relaxed and what makes me feel stressed</u> Knowledge- To have a strategy to use when feeling stressed e.g. count to 10, deep breath, take a break Online safety link <u>L3- To understand how medicines work and how to use them safely</u> Knowledge – To explain how medicines help us when we are ill and give 2 examples of how to use them safely (from an adult we trust, only the prescribed dose). <u>L4 – To identify food groups and know which foods I need to keep my body healthy</u> Knowledge- To be able to identify the different food groups- fruit and vegetables, carbohydrates, dairy, proteins and fats <u>L5 – To create healthy snacks and know why they are good for my body</u> Knowledge - To know that I should eat more of some foods (fruits and vegetables) and less of others (fats) <u>L6 – To know which foods to eat to give my body energy</u> - Knowledge – That carbohydrates give my body energy – name 2 types of food in this food group.
	Realistic, Proud, Success, Celebrate, Achievement, Goal, Strength, Persevere, Challenge, Difficult, Easy, Learning Together, Partner, Team Work, Product,	Healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, healthy, unhealthy, dangerous, medicines, safe, body, balanced diet, portion, proportion, energy, fuel, nutritious
	Safeguarding links Safer Internet day Water Safety assembly for whole school	Safeguarding links World Oral Health Day Stranger Danger (Police visit) School Nurse (medicine safety) Online Safety - Why is it important to listen to your feelings when using technology?
	 British Value links	 British Value links

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	Dreams and Goals - Spring 1	Healthy Me – Spring 2
Year 3	Learning Objectives & sticky knowledge	Learning Objectives
	• <u>L1 – To know about a person who has faced difficulties and achieved success</u> Knowledge – <u>I can name a person who has faced difficulties and achieved success (Me Jane book..)</u> • <u>L2 – To identify a dream or ambition that is important to me</u> Knowledge – choose 1 dream and 1 ambition that is important and explain why. • <u>L3 – To work out the best ways to achieve new challenges</u> Knowledge – identify 2 ways to achieve a new challenge. • <u>L4 – To show enthusiasm and motivation towards a new challenge</u> Knowledge – Be able to identify 3 emotions that are needed when completing a new challenge. • <u>L5 – To recognise and overcome the obstacles that may hinder achievement</u> Knowledge – identify at least 2 obstacles that may get in the way of achieving something. • <u>L6 – To evaluate my own learning</u> Knowledge – Reflect on my learning and identify one area of success and one area for development.	• <u>L1 – To understand how exercise affects my body</u> Knowledge- To name 3 different ways to exercise your body and explain how they affect us. • <u>L2 – To know that the amount of calories, sugar and fat I put in my body can affect my health</u> Knowledge- identify the fat / sugar area on a healthy plate. Discuss why the section is smaller than other areas and how it affects us. • <u>L3 – Know that there are different types of drugs Medicine and drugs that keep people healthy and drugs that aren't good for you.</u> • <u>L4 – To identify things, people and places I need to keep safe from, and strategies for keeping myself safe</u> <u>Online safety link</u> <u>Knowledge- In case of emergency call 999 (Ambulance/police/fire station/ lifeboat)</u> • <u>L5 – To recognise when something feels safe or unsafe</u> Knowledge- to give an explanation of what is safe and unsafe and give 2 examples of these. • <u>L6 – To know how complex my body is and how important it is to take care of it</u> <u>Online safety link</u> <u>Knowledge - I can look after my body if I: Choose Healthy foods, Be active, Tell someone if you feel unwell, Stay safe</u>
	Perseverance, Challenges, Success, <u>Obstacles</u> , Dreams, Goals, Ambitions, Future, <u>Aspirations</u> , Garden, Decorate, Team Work, Enterprise, Design, <u>Cooperation</u> , Product, Strengths, <u>Motivated</u> , Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Celebrate, Evaluate	Oxygen, energy, calories / kilojoules, heartbeat, lungs, heart, fitness, labels, sugar, fat, saturated fat, healthy, drugs, attitude, safe, anxious, scared, strategy, advice, harmful, risk, feelings, complex, appreciate, body, choice
	Safeguarding links Safer Internet day <u>Online safety - What information is OK to have in your digital footprint?</u> Water Safety assembly for whole school	Safeguarding links World Oral Health Day Peer pressure (whole school assembly - Kevin) <u>Online Safety - How are we all part of an online community?</u>

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	 British Value links	 British Value links Rule of Law Individual liberty
Year 4	Dreams and Goals - Spring 1	Healthy Me – Spring 2
	Learning Objectives & sticky knowledge	Learning Objectives
	• L1- To identify and share my hopes and dreams Knowledge – To identify what a hope and dream is and one of each for myself. • L2 – To understand that sometimes hopes and dreams do not come true Knowledge – To give an example of when this has happened to them or another person. • L3 – To reflect on positive and happy experiences to counteract disappointment Knowledge – To reflect on a time that was positive / happy experience when I am feeling disappointed. • L4 – To know how to make a new plan and set new goals even if I have been disappointed Knowledge – To think about a time when a new plan has had to be made after a disappointment. • L5 - To identify steps needed to achieve a goal, and do this successfully within a group. Knowledge – To identify at least 3 steps to be successful when working in a group. • L6 – to identify the contributions made by myself and others' to the group's achievements .Knowledge - Know how to share in the success of a group.	• L1 – To recognise how different friendship groups are formed, how I fit into them and the friends I value the most Knowledge – To give 2 reasons why friendships are formed and identify a friend that I value. • L2 – To know that there are people who take on the roles of leaders and followers in a group, and know the role I take in different situations Online safety link Knowledge – To explain that leaders and followers happen in different social situations. • L3 – To understand the facts about smoking and its effects on health, and some of the reasons that people start to smoke Knowledge – To explain that smoking has a negative impact on health and identify one reason why people may begin smoking (peer pressure / home example). • L4 – To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol Knowledge – To explain that alcohol can have a negative impact on health and identify one reason why people may begin drinking (peer pressure / home example). • L5 – To recognise when people are putting me under pressure and how to resist this Knowledge: To know that peer pressure is when your friends try to encourage you to do something that you shouldn't To know what to do if you feel peer pressure (name 2) • Speak to an adult • Walk away or say 'no' • Tell the person how they are making you feel • Think of an excuse why you can't do it • L6 – To know myself well enough to have a clear picture of what I believe is right and wrong Online safety link Knowledge – To sort right / wrong scenarios independently and explain why I believe this are right / wrong.
	Dream, Hope, Goal, Determination , Perseverance, Resilience, Positive Attitude , Disappointment , Fears, Hurts, Positive Experiences, Plans , Cope, Help, Self-Belief, Motivation, Commitment, Enterprise, Design, Cooperation, Success, Celebrate, Evaluate	Friendship, emotions, healthy, 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
	Safeguarding links Safer Internet day Online Safety - How does what I post online affect my identity? Water Safety assembly for whole school	Safeguarding links World Oral Health Day Peer pressure (whole school assembly - Kevin) Online safety - What makes a strong online community?

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	Dreams and Goals - Spring 1	Healthy Me – Spring 2
	Learning Objectives & sticky knowledge	Learning Objectives
Year 5	• L1- To understand that I will need money to achieve some of my dreams Knowledge – To know that money helps people to achieve some dreams. • L2 – To know about a range of jobs carried out by people I know and explore how much people earn in different jobs Knowledge – To know that different jobs pay different amounts. To give my opinion on what I think about this. • L3 – To identify a job I would like to do when I grow up and understand what I need to do to achieve it Knowledge – To identify 2 skills needed to achieve the job that I want to do. • L4 – To describe that dreams and goals of young people in a different culture Knowledge – To compare dreams and goals of children in a different culture and say how they are similar and different. • L5 – To understand the benefits of communicating with someone in a different culture Knowledge – Know the benefits of communicating with someone from a different culture on your own development / social awareness. • L6 – To encourage my peers to support young people here and abroad to meet their aspirations Knowledge – Give 2 persuasive reasons why support young people in UK and abroad is beneficial.	• L1 – To know that smoking tobacco / vaping affects the lungs, liver and heart Online safety link Click here for vaping resources Knowledge – To know that smoking affects the working of key organs in our bodies. • L2 – To know some of the risks with misusing alcohol including anti – social behaviour, and how it affects the liver and heart Online safety link Knowledge – To know that misuse of alcohol has negative impact on key organs in our bodies and affects our behaviour in society. • L3 – To know basic emergency aid procedures (including the recovery position) and how to get help and in emergency situations Knowledge: Know how to put my friend in the recovery position • L4 – Know that the media, social media and celebrity culture promotes certain body types Online safety link Knowledge – To know that social media portrays one positive version of body types and encourages everyone to believe this is ‘correct’. • L5 – To understand the different roles food can play in people’s lives, and how people can develop eating problems relating to body image pressure. Online safety link Knowledge – To explain why food is essential for us to survive. To give an example of how body image pressure can affect eating choices. • L6 – To know what makes a healthy lifestyle including healthy eating, and the choices I need to make to be happy and healthy Online safety link Knowledge – To give 3 examples of what constitutes a healthy lifestyle (nutrition, mental wellbeing and exercise) and that all 3 are important for a healthy lifestyle.
	Dream, Hope, Goal, Feeling, Achievement, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession , Money, Salary, Contribution, Society , Determination, Perseverance, Motivation, Aspiration, Culture, Country, Sponsorship, Communication , Support, Rallying, Team Work, Cooperation, Difference	Choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, media, influence, emergency, procedure, recovery position, calm, level-headed, body image, media, social, media, celebrity, altered, self-respect, comparison, eating problem, eating disorder, respect, debate, opinion, fact, motivation
	Safeguarding links Safer Internet day Online Safety - How does our online activity affect the digital footprints of ourselves and others? Water Safety assembly for whole school	Safeguarding links World Oral Health Day Police visit – smoking and vaping Online Safety - How can I help myself and others be positive and have fun while playing online games?
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Year 6	Dreams and Goals - Spring 1		Healthy Me – Spring 2	
	Learning Objectives & sticky knowledge		Learning Objectives	
	<u>L1 – To know my learning strengths and can set challenging but realistic goals for myself (one in school and one out of school goal)</u> Knowledge – To know that challenging goals can be achieved when I set myself small steps. <u>L2 – To know the learning steps I need to take to reach my goal and understand how to motivate myself to work on these</u> Knowledge – To identify at least 3 small steps needed to achieve my goal and have a plan for when I become demotivated. <u>L3 – To identify problems in the world that concern me and talk to other people about them</u> Knowledge – To be able to name someone that I would speak to if I had a concern. <u>L4- To be able to work with other people to help make the world a better place</u> Knowledge – To know at least two different organisations that support other's across the world. <u>L5 – To describe some ways in which I can work with other people to help make the world a better place</u> Knowledge – To identify at least 2 ways in which I can work with others to support. <u>L6 – To know what some people in my class like or admire about me and can accept their praise</u> Knowledge – To give a compliment to others and receive a compliment about myself.		<u>L1- To take responsibility for my health and make choices that benefit my health and well-being</u> <u>Online safety link</u> Knowledge – To suggest at least 2 different ways to support my own health and wellbeing. <u>L2 – To know about different types of drugs and their uses and their effects on the body particularly the liver and heart] VAPING</u> - Knowledge – to name at least 2 different types of drugs and know how drugs change your body mentally and physically (give 2 examples of each). <u>L3 – To know that some people can be exploited and made to do things that are against the law</u> - Knowledge – Define what exploitation is and know that this is against the law. <u>L4 – To know why some people join gangs and the risks this involves (COUNTY LINES SAFEGUARDING LINK) Online safety link</u> Knowledge – To suggest two reasons why people may join a gang and give an example of a risk this could incur. <u>L5 – To understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</u> Knowledge: Being emotionally well means feeling positive and more able to manage emotions and cope with challenges <u>L6 – To recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</u> Knowledge: Know that stress can be triggered by a range of things	
	Dream, hope, goal, learning, strengths, stretch, achievement, personal, realistic, unrealistic, feeling, success, criteria, learning steps, money, global , issue, suffering, concern, hardship, sponsorship, empathy , motivation, admire , respect , praise, compliment , contribution, recognition		Responsibility, choice, immunisation, prevention, drugs, effects, motivation, prescribed, unrestricted, over-the-counter, restricted, illegal, volatile substances, 'legal highs', exploited, vulnerable, criminal, gangs, pressure, strategies, reputation, anti-social behaviour, crime, mental health, emotional health, mental illness, symptoms, stress, triggers, strategies, managing stress, pressure	
	Safeguarding links Safer Internet day Online Safety - How do gender stereotypes shape our experiences online? Water Safety assembly for whole school		Safeguarding links World Oral Health Day Police visit – smoking and vaping Online safety - How do you keep online friendships safe? Water Safety assembly for whole school	
	 British Value links		 British Value links Rule of Law Individual liberty	