

PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT (PSED)

Academic Year: 2021/22

- We use the **Jigsaw** programme to shape teaching and learning in this area. The programme is described as ‘a unique, spiral, progressive and effective scheme of work, aiming to prepare children/young people for life, helping them really know and value who they are and understand how they relate to other people in this ever-changing world.’
- Additional/targeted support:**
 - **STARs support** (inspired by THRIVE) – targeted weekly support for children in one or more aspects of PSED.

Term	JIGSAW programme for 3&4 year olds	
	JIGSAW theme	Children will be learning:
Autumn 1	Being me in my world	<ul style="list-style-type: none"> To understand how it feels to belong; that we are similar and different To understand how happy and sad can be expressed. To work together and consider other people’s feelings. To use gentle hands and understand that it is good to be kind to people. To begin to understand children’s rights re: we should all be allowed to learn and play. To learn what being responsible means.
Autumn 2	Celebrating difference	<ul style="list-style-type: none"> To know how it feels to be proud of something we good at. To be able to say ways in which they are special and unique. To know that all families are different. To know that there are lots of different houses and homes. To talk about how to make new friends. To use words to stand up for themselves.
Spring 1	Dreams and goals	<ul style="list-style-type: none"> To understand what challenge means. To keep trying. To set a goal and work towards it. To know kind words of encouragement. To consider jobs they would like to do when older. To feel proud upon achieving a goal.
Spring 2	Healthy me	<ul style="list-style-type: none"> To know names for some parts of the body; to begin to understand the importance of being active for good health. To talk about the things that keep us healthy To know what ‘healthy’ means and that some foods are healthier than others. To know how to get ready for sleep and that sleep is good for us. To be able to wash own hands and know that it is important to do this before eating, and after going to the toilet. To know what to do in the event of getting lost and how to say ‘NO’ to strangers.
Summer 1	Relationships	<ul style="list-style-type: none"> To talk about family. To understand how to make friends, when feeling lonely. To talk about the things we like about our friends.

		<ul style="list-style-type: none"> • To know what to do if someone is mean to me. • To learn strategies to help manage feelings. • To work together and enjoy being with friends.
Summer 2	Changing me	<ul style="list-style-type: none"> • To name parts of the body and show respect for oneself. • To talk about the things we can do, and the food we can eat, to be healthy. • To understand that we grow from babies to children to adults. • To know that we grow and change. • To talk about feelings associated with starting school (Reception) • To remember some fun things about Nursery.

Term	JIGSAW programme for Reception	
	JIGSAW theme	Children will be learning:
Autumn 1	Being me in my world	<ul style="list-style-type: none"> • To understand how it feels to belong; that we are similar and different • To begin to recognise and manage own feelings • To enjoy working with others to make school a good place to be • To understand why it is good to be kind and use gentle hands. • To begin to understand children's rights re: we should all be allowed to learn and play. • To learn what being responsible means.
Autumn 2	Celebrating difference	<ul style="list-style-type: none"> • To identify something we are good at and understand that everyone is good at different things. • To understand that being different makes us special. • To know that we are all different but the same in some ways. • To talk about why home is special to oneself. • To talk about how to be a kind friend. • To know which words to use to stand up for ourselves when someone does or says something unkind.
Spring 1	Dreams and goals	<ul style="list-style-type: none"> • To understand that perseverance helps when tackling challenges. • To talk about a time when a goal was achieved due to perseverance. • To set a goal and work towards it. • To use kind words to encourage others. • To understand the link between learning now and jobs we might like to do when older. • I can say how I feel when I achieve a goal and know what it means to feel proud.
Spring 2	Healthy me	<ul style="list-style-type: none"> • To understand that exercise helps to keep the body healthy. • To understand that moving and resting are good for the body. • To know which foods are healthy (or not); to make healthy eating choices. • To know how to get ready for sleep and that sleep is good for us. • To be able to wash own hands and know that it is important to do this before eating, and after going to the toilet. • To know what a stranger is and how to stay safe if a stranger approaches.

Summer 1	Relationships	<ul style="list-style-type: none"> • To identify some of the jobs we do in our families and how I feel like I belong. • To understand how to make friends, when feeling lonely. • To know ways of solving problems, to maintain friendships. • To begin to understand the impact of unkind words. • To use strategies to help manage feelings. • To know how to be a good friend.
Summer 2	Changing me	<ul style="list-style-type: none"> • To name parts of the body • To talk about the things we can do, and the food we can eat, to be healthy. • To understand that we grow from babies to children to adults. • To talk about feelings associated with moving to Year 1 • To talk about worries or things to look forward to about being in Year 1. • To share happy memories of the year in Reception.