

Dothill Progression Mapping



PSHE Education

Respect Happiness Responsibility Creativity HONESTY Enthusiasm Confidence Kindness Cooperation fairness

	Year Three	Year Four
Substantive knowledge (Content)	Being Me in My World In this Puzzle (unit), the children learn to recognise their self-worth and identify positive things about themselves and their achievements. They discuss new challenges and how to face them with appropriate positivity. The children learn about the need for rules and how these relate to rights and responsibilities. They explore choices and consequences, working collaboratively and seeing things from other people's points of view. The children learn about different feelings and the ability to recognise these feelings in themselves and others. They set up their Jigsaw Journals and establish the Jigsaw Charter.	In this Puzzle (unit), the children explore being part of a team. They talk about attitudes and actions and their effects on the whole class. The children learn about their school and its community, who all the different people are and what their roles are. They discuss democracy and link this to their own School Council, what its purpose is and how it works. The children learn about group work, the different roles people can have, how to make positive contributions, how to make collective decisions and how to deal with conflict. They also learn about considering other people's feelings. They refresh their Jigsaw Charter and set up their Jigsaw Journals.
	Celebrating Difference Puzzle In this Puzzle (unit), the children learn about families, that they are all different and that sometimes they fall out with each other. The children practise methods to calm themselves down and discuss the 'Solve it together' technique. The children revisit the topic of bullying and discuss being a witness (bystander): they discover how a witness has choices and how these choices can affect the bullying that is taking place. The children also talk about using problem-solving techniques in bullying situations. They discuss name-calling and practise choosing not to use hurtful words. They also learn about giving and receiving compliments and the feelings associated with this.	In this Puzzle (unit), the children consider the concept of judging people by their appearance, of first impressions and of what influences their thinking on what is normal. They explore more about bullying, including online bullying and what to do if they suspect or know that it is taking place. They discuss the pressures of being a witness and why some people choose to join in or choose to not tell anyone about what they have seen. The children share their own uniqueness and what is special about themselves. They talk about first impressions and when their own first impressions of someone have changed.
	Dreams and Goals Puzzle In this Puzzle, the children look at examples of people who have overcome challenges to achieve success and discuss what they can learn from these stories. The children identify their own dreams and ambitions and discuss how it will feel when they achieve them. They discuss facing learning challenges and identify their own strategies for overcoming these. The children consider obstacles that might stop them from achieving their goals and how to overcome these. They reflect on their progress and successes and identify what they could do better next time.	In this Puzzle, the children consider their hopes and dreams. They discuss how it feels when dreams don't come true and how to cope with/overcome feelings of disappointment. The children discuss making new plans and setting new goals even if they have been disappointed. The class explore group work and overcoming challenges together. They reflect on their successes and the feelings associated with overcoming a challenge.
	Healthy Me Puzzle In this Puzzle, the children learn about the importance of exercise and how it helps your body to stay healthy. They also learn about their heart and lungs, what they do and how they are very important. The children discover facts about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. The children learn about different types of drugs, the ones you take to make you better, as well as other drugs. The children consider things, places and people that are dangerous and link this to strategies for keeping themselves safe.	In this Puzzle, the children look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and what role they play. The children reflect on their friendships, how different people make them feel and which friends they value the most. The children also learn about smoking and its effects on health; they do the same with alcohol and then look at the reasons why people might drink or smoke. Finally, they learn about peer pressure and how to deal with it successfully.
	Relationships Puzzle	

	<p>In this Puzzle, children revisit family relationships and identify the different expectations and roles that exist within the family home. They identify why stereotypes can be unfair and may not be accurate, e.g. Mum is the carer, Dad goes to work. They also look at careers and why stereotypes can be unfair in this context. They learn that families should be founded on love, respect, appreciation, trust and co-operation. Children are reminded about the Solve it together technique for negotiating conflict situations and the concept of a win-win outcome is introduced. Online relationships through gaming and apps are explored and children are introduced to some rules for staying safe online. Children also learn that they are part of a global community and they are connected to others they don't know in many ways, e.g. through global trade. They investigate the wants and needs of other children who are less fortunate and compare these with their own. Children's universal rights are also revisited.</p>	<p>Learning in this year group starts focussing on the emotional aspects of relationships and friendships. With this in mind, children explore jealousy and loss/ bereavement. They identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change. The children learn that change is a natural in relationships and they will experience (or may have already experienced) some of these changes. Children revisit skills of negotiation particularly to help manage a change in a relationship. They also learn that sometimes it is better if relationships end, especially if they are causing negative feelings or they are unsafe. Children are taught that relationship endings can be amicable.</p>
	Changing Me Puzzle	
	<p>This Puzzle begins learning about babies and what they need to grow and develop including parenting. Children are taught that it is usually the female that carries the baby in nature. This leads onto lessons where puberty is introduced. Children first look at the outside body changes in males and females. They learn that puberty is a natural part of growing up and that it is a process for getting their bodies ready to make a baby when grown-up. Inside body changes are also taught. Children learn that females have eggs (ova) in their ovaries and these are released monthly. If unfertilised by a male's sperm, it passes out of the body as a period. Sexual intercourse and the birth of the baby are not taught in this year group. Children discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them.</p>	<p>In this Puzzle, bodily changes at puberty are revisited with some additional vocabulary, particularly around menstruation. Sanitary health is taught, including introducing pupils to different sanitary and personal hygiene products. Conception and sexual intercourse are introduced in simple terms so the children understand that a baby is formed by the joining of an ovum and sperm. They also learn that the ovum and sperm carry genetic information that carry personal characteristics. The Puzzle ends by looking at the feelings associated with change and how to manage these. Children are introduced to Jigsaw's Circle of change model as a strategy for managing future changes.</p>
Disciplinary Knowledge (Social and emotional)	Being Me in My World	
	<ul style="list-style-type: none"> ✓ Make other people feel valued ✓ Develop compassion and empathy for others ✓ Be able to work collaboratively ✓ Recognise self-worth ✓ Identify personal strengths ✓ Be able to set a personal goal ✓ Recognise feelings of happiness, sadness, worry and fear in themselves and others 	<ul style="list-style-type: none"> ✓ Identify the feelings associated with being included or excluded ✓ Be able to take on a role in a group discussion / task and contribute to the overall outcome ✓ Know how to regulate my emotions ✓ Can make others feel cared for and welcome ✓ Recognise the feelings of being motivated or unmotivated ✓ Can make others feel valued and included ✓ Understand why the school community benefits from a Learning Charter ✓ Be able to help friends make positive choices
	Celebrating Difference Puzzle	
	<ul style="list-style-type: none"> ✓ Use the 'Solve it together' technique to calm and resolve conflicts with friends and family ✓ Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary ✓ Be able to show appreciation for their families, parents and carers ✓ Empathise with people who are bullied ✓ Employ skills to support someone who is bullied ✓ Be able to recognise, accept and give compliments ✓ Recognise feelings associated with receiving a compliment 	<ul style="list-style-type: none"> ✓ Be comfortable with the way they look ✓ Try to accept people for who they are ✓ Be non-judgemental about others who are different ✓ Identify influences that have made them think or feel positively/negatively about a situation ✓ Identify feelings that a bystander might feel in a bullying situation ✓ Identify reasons why a bystander might join in with bullying ✓ Revisit the 'Solve it together' technique to practise conflict and bullying scenarios ✓ Identify their own uniqueness ✓ Identify when a first impression they had was right or wrong
	Dreams and Goals Puzzle	
	<ul style="list-style-type: none"> ✓ Can break down a goal into small steps ✓ Can manage feelings of frustration linked to facing obstacles ✓ Imagine how it will feel when they achieve their dream/ambition ✓ Recognise other people's achievements in overcoming difficulties ✓ Recognise how other people can help them to achieve their goals ✓ Can share their success with others ✓ Can store feelings of success (in their internal treasure chest) to be used at another time 	<ul style="list-style-type: none"> ✓ Have a positive attitude ✓ Can identify the feeling of disappointment ✓ Be able to cope with disappointment ✓ Can identify what resilience is ✓ Can identify a time when they have felt disappointed ✓ Can talk about their hopes and dreams and the feelings associated with these ✓ Help others to cope with disappointment ✓ Enjoy being part of a group challenge ✓ Can share their success with others ✓ Can store feelings of success (in their internal treasure chest) to be used at another time
Healthy Me Puzzle		

	<ul style="list-style-type: none"> ✓ Respect their own bodies and appreciate what they do ✓ Can take responsibility for keeping themselves and others safe ✓ Identify how they feel about drugs ✓ Can express how being anxious or scared feels ✓ Able to set themselves a fitness challenge ✓ Recognise what it feels like to make a healthy choice 	<ul style="list-style-type: none"> ✓ Can identify the feelings that they have about their friends and different friendship groups ✓ Recognise negative feelings in peer pressure situations ✓ Can identify the feelings of anxiety and fear associated with peer pressure ✓ Can tap into their inner strength and know-how to be assertive ✓ Recognise how different people and groups they interact with impact on them ✓ Identify which people they most want to be friends with
Relationships Puzzle		
	<ul style="list-style-type: none"> ✓ Can identify the responsibilities they have within their family ✓ Know how to access help if they are concerned about anything on social media or the internet ✓ Can empathise with people from other countries who may not have a fair job or are less fortunate ✓ Understand that they are connected to the global community in many different ways ✓ Can use Solve it together in a conflict scenario and find a win-win outcome ✓ Can identify similarities in children's rights around the world ✓ Can identify their own wants and needs and how these may be similar or different from other children in school and the global community 	<ul style="list-style-type: none"> ✓ Can identify feelings and emotions that accompany jealousy ✓ Can suggest positive strategies for managing jealousy ✓ Can identify people who are special to them and express why ✓ Can identify the feelings and emotions that accompany loss ✓ Can suggest strategies for managing loss ✓ Can tell you about someone they no longer see ✓ Can suggest ways to manage relationship changes including how to negotiate
Changing Me Puzzle		
	<ul style="list-style-type: none"> ✓ Can express how they feel about puberty ✓ Can say who they can talk to about puberty if they have any worries ✓ Can suggest ways to help them manage feelings during changes they are more anxious about ✓ Can identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry ✓ Can express how they feel about babies ✓ Can describe the emotions that a new baby can bring to a family ✓ Can identify changes they are looking forward to in the next year 	<ul style="list-style-type: none"> ✓ Can appreciate their own uniqueness and that of others ✓ Can express any concerns they have about puberty ✓ Have strategies for managing the emotions relating to change ✓ Can express how they feel about having children when they are grown up ✓ Can say who they can talk to about puberty if they are worried ✓ Can apply the circle of change model to themselves to have strategies for managing change
Being Me in My World		
Disciplinary Knowledge (Personal)	<ul style="list-style-type: none"> ✓ Know that the school has a shared set of values ✓ Know why rules are needed and how these relate to choices and consequences ✓ Know that actions can affect others' feelings ✓ Know that others may hold different views ✓ Understand that they are important ✓ Know what a personal goal is ✓ Understanding what a challenge is 	<ul style="list-style-type: none"> ✓ Know their place in the school community ✓ Know what democracy is (applied to pupil voice in school) ✓ Know how groups work together to reach a consensus ✓ Know that having a voice and democracy benefits the school community ✓ Know how individual attitudes and actions make a difference to a class ✓ Know about the different roles in the school community ✓ Know that their own actions affect themselves and others
Celebrating Difference Puzzle		
	<ul style="list-style-type: none"> ✓ Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do ✓ Know that conflict is a normal part of relationships ✓ Know that some words are used in hurtful ways and that this can have consequences ✓ Know why families are important ✓ Know that everybody's family is different ✓ Know that sometimes family members don't get along and some reasons for this 	<ul style="list-style-type: none"> ✓ Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying ✓ Know the reasons why witnesses sometimes join in with bullying and don't tell anyone ✓ Know that sometimes people make assumptions about a person because of the way they look or act ✓ Know there are influences that can affect how we judge a person or situation ✓ Know what to do if they think bullying is or might be taking place ✓ Know that first impressions can change
Dreams and Goals Puzzle		
	<ul style="list-style-type: none"> ✓ Know that they are responsible for their own learning ✓ Know what an obstacle is and how they can hinder achievement ✓ Know how to take steps to overcome obstacles ✓ Know what dreams and ambitions are important to them ✓ Know about specific people who have overcome difficult challenges to achieve success ✓ Know how they can best overcome learning challenges ✓ Know what their own strengths are as a learner ✓ Know how to evaluate their own learning progress and identify how it can be better next time 	<ul style="list-style-type: none"> ✓ Know how to make a new plan and set new goals even if they have been disappointed ✓ Know how to work as part of a successful group ✓ Know how to share in the success of a group ✓ Know what their own hopes and dreams are ✓ Know that hopes and dreams don't always come true ✓ Know that reflecting on positive and happy experiences can help them to counteract disappointment ✓ Know how to work out the steps they need to take to achieve a goal
Healthy Me Puzzle		

	<ul style="list-style-type: none"> ✓ Know how exercise affects their bodies ✓ Know that the amount of calories, fat and sugar that they put into their bodies will affect their health ✓ Know that there are different types of drugs ✓ Know that there are things, places and people that can be dangerous ✓ Know when something feels safe or unsafe ✓ Know why their hearts and lungs are such important organs ✓ Know a range of strategies to keep themselves safe ✓ Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> ✓ Know that there are leaders and followers in groups ✓ Know the facts about smoking and its effects on health ✓ Know the facts about alcohol and its effects on health, particularly the liver ✓ Know ways to resist when people are putting pressure on them ✓ Know what they think is right and wrong ✓ Know how different friendship groups are formed and how they fit into them ✓ Know which friends they value most ✓ Know that they can take on different roles according to the situation ✓ Know some of the reasons some people start to smoke ✓ Know some of the reasons some people drink alcohol
Relationships Puzzle		
	<ul style="list-style-type: none"> ✓ Know that different family members carry out different roles or have different responsibilities within the family ✓ Know some of the skills of friendship, e.g. taking turns, being a good listener ✓ Know some strategies for keeping themselves safe online ✓ Know that they and all children have rights (UNCRC) ✓ Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc ✓ Know how some of the actions and work of people around the world help and influence my life ✓ Know the lives of children around the world can be different from their own 	<ul style="list-style-type: none"> ✓ Know some reasons why people feel jealousy ✓ Know that loss is a normal part of relationships ✓ Know that negative feelings are a normal part of loss ✓ Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe ✓ Know that jealousy can be damaging to relationships ✓ Know that memories can support us when we lose a special person or animal
Changing Me Puzzle		
	<ul style="list-style-type: none"> ✓ Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults ✓ Know some of the outside body changes that happen during puberty ✓ Know some of the changes on the inside that happen during puberty ✓ Know that in animals and humans lots of changes happen between conception and growing up ✓ Know that in nature it is usually the female that carries the baby ✓ Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops ✓ Know that babies need love and care from their parents/carers ✓ Know some of the changes that happen between being a baby and a child 	<ul style="list-style-type: none"> ✓ Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm ✓ Know that babies are made by a sperm joining with an ovum ✓ Know the names of the different internal and external body parts that are needed to make a baby ✓ Know how the female and male body change at puberty ✓ Know that change can bring about a range of different emotions ✓ Know that personal hygiene is important during puberty and as an adult ✓ Know that change is a normal part of life and that some cannot be controlled and have to be accepted

Vocabulary

Being me in my world

Welcome, Valued, Achievements, Pleased, Personal Goal, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Fairness, Group Dynamics, Team Work, View Point, Ideal School, Belong

Celebrating Difference

Loving, Caring, Safe, Connected, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Feelings, Tell, Consequences, Hurtful, Compliment,

Dreams and Goals

Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Enterprise, Design, Co-operation, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Evaluate

Healthy Me

Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice

Relationships

Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude

Changing Me

Birth, Animals, Babies, Mother, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Sperm, Ovaries, Egg, Ovum/ova, Womb/uterus, Stereotypes, Task, Roles, Challenge

Being me in my world

Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)

Celebrating Difference

Character, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Secret, Deliberate, On purpose, Bystander, Witness, Problem-solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed

Dreams and Goals

Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise

Healthy Me

Friendship, Emotions, 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

Relationships

Relationship, Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love.

Changing Me

Personal, Unique, Characteristics, Parents, making love, Having sex, Sexual intercourse, Fertilise, Conception, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance