

## PSHE progression of skills – linked to Jigsaw

Jigsaw piece	End of Nursery Stepping stone 1	End of Reception Stepping stone 2	End of Year 1 Footstep 1	End of Year 2 Footstep 2
<b>Being me in my World</b>	<ul style="list-style-type: none"> <li>Self-identity</li> <li>Understanding feelings</li> <li>Being gentle</li> </ul>	<ul style="list-style-type: none"> <li>Understanding feelings</li> <li>Being in a classroom</li> <li>Rights and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>Feeling special and safe</li> <li>Being part of a class</li> <li>Rights and responsibilities</li> <li>Rewards and feeling proud</li> <li>Consequences</li> <li>Owning the learning Character</li> </ul>	<ul style="list-style-type: none"> <li>Hopes and fears for the year</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>Safe and fair learning environment</li> <li>Valuing contributions</li> <li>Choices</li> <li>Recognising feelings</li> </ul>
<b>Celebrating Differences</b>	<ul style="list-style-type: none"> <li>Identifying talents</li> <li>Families</li> <li>Where they live</li> </ul>	<ul style="list-style-type: none"> <li>Being Special</li> <li>Making friends</li> <li>Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>Similarities and differences</li> <li>Understanding bullying and knowing how to deal with it</li> <li>Making new friends</li> <li>Celebrating the differences in everyone</li> </ul>	<ul style="list-style-type: none"> <li>Assumptions and stereotypes about gender</li> <li>Understanding bullying</li> <li>Standing up for self and others</li> <li>Making new friends</li> <li>Gender diversity</li> <li>Celebrating differences and remaining friends</li> </ul>

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<b>Dreams and Goals</b>	<ul style="list-style-type: none"> <li>Overcoming obstacles</li> <li>Seeking help</li> <li>Jobs</li> </ul>	<ul style="list-style-type: none"> <li>Challenges</li> <li>Perseverance</li> <li>Goal setting</li> <li>Achieving goals</li> </ul>	<ul style="list-style-type: none"> <li>Setting goals</li> <li>Identifying successes and achievements</li> <li>Learning styles</li> <li>Working well and celebrating</li> <li>Tracking new challenges</li> <li>Identifying and overcoming obstacles</li> <li>Feeling success</li> </ul>	<ul style="list-style-type: none"> <li>Achieving realistic goals</li> <li>Perseverance</li> <li>Learning strengths</li> <li>Learning with others</li> <li>Grouping co-operation</li> <li>Contributing to sharing success</li> </ul>
<b>Healthy Me</b>	<ul style="list-style-type: none"> <li>Physical activity</li> <li>Sleep</li> <li>Keeping clean</li> </ul>	<ul style="list-style-type: none"> <li>Exercising bodies</li> <li>Healthy food</li> <li>Keeping clean</li> </ul>	<ul style="list-style-type: none"> <li>Keeping myself healthy</li> <li>Healthier lifestyle choices</li> <li>Keeping clean</li> <li>Being safe</li> <li>Medicine safety/safety with household items</li> <li>Road safety</li> <li>Linking health and happiness</li> </ul>	<ul style="list-style-type: none"> <li>Motivation</li> <li>Healthier choices</li> <li>Relaxation</li> <li>Healthy eating and nutrition</li> <li>Healthier snack and sharing food</li> </ul>

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Relationships	<ul style="list-style-type: none"> <li>Family life</li> <li>Friendships</li> </ul>	<ul style="list-style-type: none"> <li>Being a good friend</li> <li>Breaking friendships</li> <li>Falling out</li> <li>Dealing with bullying</li> </ul>	<ul style="list-style-type: none"> <li>Belonging to a family</li> <li>Making friends/being a good friend</li> <li>Physical contact preferences</li> <li>People who help us</li> <li>Qualities as a friend and person</li> <li>Self-acknowledgment</li> <li>Being a good friend to myself</li> <li>Celebrating special relationships</li> </ul>	<ul style="list-style-type: none"> <li>Different types of family</li> <li>Physical contact boundaries</li> <li>Friendship and conflict • Secrets</li> <li>Trust and appreciation</li> <li>Expressing appreciation for special relationships</li> </ul>
Changing Me	<ul style="list-style-type: none"> <li>Bodies</li> <li>Growing up</li> <li>Celebrating</li> </ul>	<ul style="list-style-type: none"> <li>Respecting my body</li> <li>Growth and change</li> <li>Fun and fear</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles – animal and human</li> <li>Changes in me</li> <li>Changes since being a baby</li> <li>Differences between female and male bodies</li> <li>Linking growing and learning</li> <li>Coping with change</li> <li>Transition</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles in nature</li> <li>Growing from young to old</li> <li>Increasing independence</li> <li>Differences between female and male bodies</li> <li>Assertiveness</li> <li>Preparing for Transition</li> </ul>