

Year 1

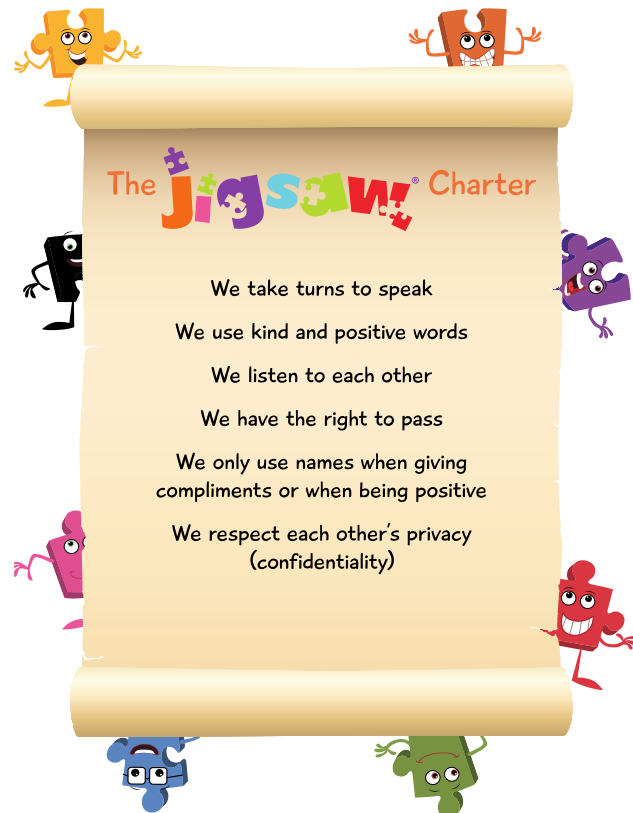
Autumn 1



Puzzle Outcomes

- I feel safe and special in my class.
- I understand that I belong to my class and school.
- I can help make my class be a safe place for everyone to learn.
- I recognise how it feels to be proud of an achievement.
- I recognise a range of feelings when I face certain consequences.
- I am choosing to follow the Learning Charter.

Jigsaw Learning Charter



Being me in my world

Knowledge organiser- PSHE



Reflective Questions

- ☺ Should we have consequences for people who choose not to listen, are unkind or make it hard for us to learn?
- ☺ What rights do we have in school?

What Makes Our School Great?

As good citizens it is important for us to explain why our school is a happy and safe place to learn and be able to give different examples of how I or my friends make the classroom a safe, happy and positive place to be

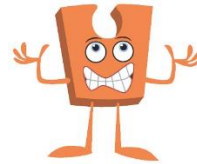
Key Vocabulary

Belonging	To be in a particular place or be with someone.
Calm	To not show strong emotions or feelings.
Consequence	A result of something that has been done.
Disappointed	To be saddened or upset by something.
Illustration	A picture or drawing.
Learning Charter	A learning contract.
Proud	To be pleased with an achievement.
Responsibility	Doing something that is required.
Reward	Something that is given for doing well.
Rights	The legal, social or ethical needs of a person.
Safe	To be protected from harm or danger.
Special	To belong to a particular place or person.
Upset	To be unhappy, disappointed, or worried.



Year 1

Autumn 2



Celebrating Differences

Knowledge organiser- PSHE



Puzzle Outcomes

- I can identify similarities between people in my class.
- I can identify differences between people in my class.
- I can identify bullying and tell you how it might feel to be bullied.
- I can tell you some people who I would talk to about being unhappy/bullying and how I would help others.
- I know how to make a new friend.
- I can tell you some ways in which I am different to my friends, and this makes me unique and special.

Reflective Questions

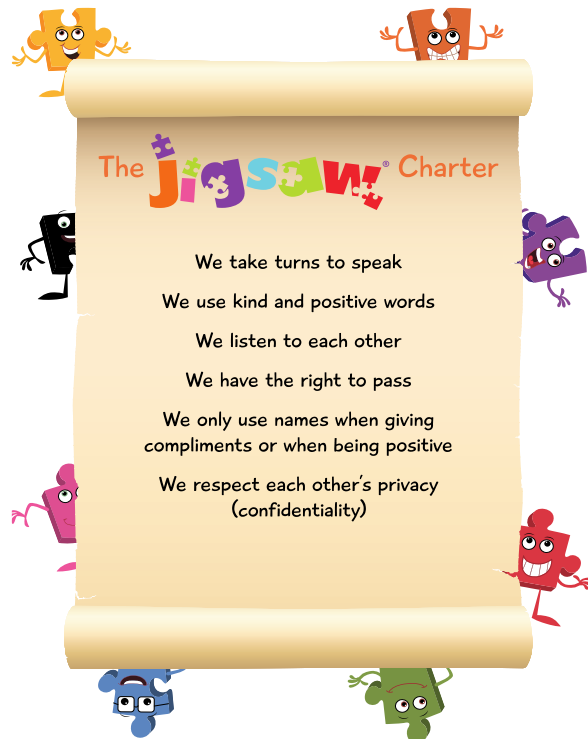
- ☺ How does it feel to have similarities with people in your class?
- ☺ What is bullying and how does it make people feel?
- ☺ How does it feel to be left out?

What Makes Our School Great?

As good citizens it is important for us to understand how we have similarities and differences to each other.

We also need to understand bullying is deliberate and unfair and we all have the right to feel safe and not be bullied.

Jigsaw Learning Charter



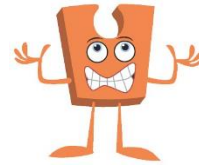
Key Vocabulary

Bully	Someone who looks to hurt or harm others who they consider vulnerable/easy to target.
Bullied	Someone who is experiencing harm by someone else.
Deliberate	Done on purpose.
Difference	A point or way in which people or things are not the same.
Different	Not the same as each other.
Included	Feeling part of a group.
Mean	Be unkind, nasty or to hurt feelings.
Similarities	Some things but not all are the same.
Special	Better, greater or different from usual.
Style	Done in a certain way or how someone likes.
Unique	Something or someone who is important and special.



Year 1

Spring 1



Dreams and Goals

Knowledge organiser- PSHE



Puzzle Outcomes

- I can set simple goals and tell you what I do well.
- I can set a goal and tell you how I can achieve it and tell you how I learn well.
- I understand how to work well with a partner and can celebrate the achievements with them.
- I can tackle a new challenge and understand how this may stretch my learning and how it will make me feel.
- I can identify obstacles which might make my learning more difficult and what I can do to overcome them.
- I can tell you how I felt when I succeeded in a challenge and how I celebrated.

Reflective Questions

- ☺ What do you do in class to help other children?
- ☺ What choices do you make to be kind and helpful?
- ☺ What does your teacher say when they are pleased with you?
- ☺ How does this make you feel?

What Makes Our School Great?

As good citizens it is important for us to understand that we can set simple goals and celebrate how this feels.

Working with a partner or in a group can often help us to tackle difficult challenges together and make us achieve success.

Jigsaw Learning Charter



Key Vocabulary

Achievements	A thing done successfully with skill, effort, or courage.
Belonging	A place or situation that you feel attached to.
Calm	Not showing or feeling nervous, angry, or upset.
Consequences	A result or effect of doing something wrong.
Disappointed	Sad or displeased about something.
Proud	Feeling pleasure or satisfaction about something.
Rights	Your entitlement to have or do something.
Responsibilities	To act independently and take ownership.
Rewards	Something given to you to show achievement or effort.
Safe	Protected from risk or danger.
Special	Better, greater, or different from usual.
Upset	Make (someone) upset, angry or disappointed.



Year 1

Spring 2



Healthy Me

Knowledge organiser- PSHE



Puzzle Outcomes

- I understand how to keep healthy and know the difference between healthy and unhealthy.
- I know how to make healthy lifestyle choices and feel good when I make them.
- I know how to keep myself clean and healthy and understand how germs cause diseases/illnesses.
- I know that I am special and need to keep safe.
- I know that medicines can help me when I am poorly but need to be used safely.
- I know how to cross the road safely and who to talk to if I feel frightened.
- I can tell you how I can keep my body healthy and how being healthy makes me feel happy.

Reflective Questions

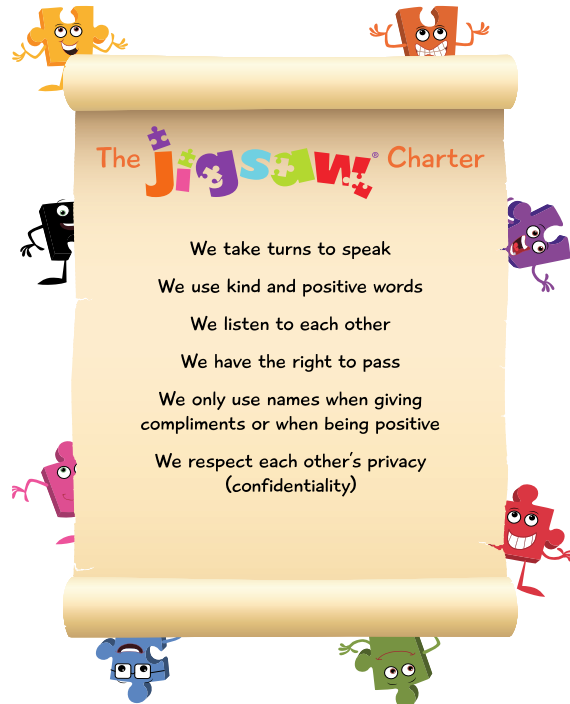
- ☺ Can you give examples of healthy and unhealthy choices?
- ☺ What is special about you?
- ☺ What can you do when you feel poorly?
- ☺ Who do you ask for help when you feel frightened?

What Makes Our School Great?

As good citizens it is important for us to understand how to be healthy and how much better this makes us feel.

Keeping clean and taking care to acknowledge that we are special can make us feel safe and happy.

Jigsaw Learning Charter



Key Vocabulary

Balanced	In good proportions an equal amount of each.
Choices	Choose between two or more possibilities.
Clean	To get rid of dirt.
Exercise	To do a task which involves movement and fitness.
Healthy	To keep your mind and body fit and well.
Hygienic	Being healthy and preventing disease by being clean.
Medicines	Treatment and prevention of disease or illness.
Safety	Protect from danger, risk, or injury.
Sleep	To lie with your eyes closed and with little body movements to recharge your body and mind.
Toiletry items	Items to keep you clean and safe from germs such as soap, toothpaste, shampoo etc.
Trust	To believe in something or someone.
Unhealthy	To choose things which do not keep your mind and body fit and well.



Year 1

Summer 1



Relationships

Knowledge organiser- PSHE



Puzzle Outcomes

- I know that everyone's family is different and can express how it feels to be part of a family and to care for family members.
- I know how to make a good friend and what being a good friend means.
- I know the characteristics of healthy and safe friends and can show skills of friendship.
- I can understand that physical contact can be made as part of a greeting, and I can say no to physical contact that I don't like.
- I know about different people in the school community and how they help.
- I can recognise some of my personal qualities and praise myself and others.
- I can tell you who to ask for help in the school community.

Reflective Questions

- ☺ Who is in your family?
- ☺ Do your friends have a family that is different to yours?
- ☺ What does being a good friend mean?
- ☺ Who can you ask for help at school?
- ☺ Can you say what you are grateful for?

What Makes Our School Great?

As good citizens it is important for us to understand how being part of a family and community makes us feel a sense of belonging.

We need to make sure that our relationships are healthy and safe is very important.

Jigsaw Learning Charter



Key Vocabulary

Appreciate	Recognise the worth of something.
Belong	To feel happy or comfortable in a situation.
Caring	A kind person.
Celebrate	To express admiration and approval for something.
Community	People living in a particular area joined by similar interests or social situations.
Different	Not the same.
Greeting	Something friendly or polite that you do when you meet someone.
Praise	To give or show appreciation/recognition of something or someone.
Proud	Feeling pleasure or satisfaction because you have achieved something or done something good.
Qualities	A feature of something or someone.
Self-belief	Trust in your own abilities.
Sharing	If two or more people divide something to do or have between them.
Special	Unusually great or important.



Year 1

Summer 2



Puzzle Outcomes

- I know that animals including humans have a life cycle and that change is a natural part of getting older.
- I know that change happens when we are older, and I can identify some things that have changed and some things which have stayed the same.
- I know the correct names of male and female private parts and their nicknames and when is appropriate to use them.
- 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 know who to ask for help if I am worried or frightened.
- I know that learning can bring about change and I can express ways in which to manage change e.g. moving classes.

Jigsaw Learning Charter



Changing me

Knowledge organiser- PSHE



Reflective Questions

- ☺ What is a life cycle and how will you change as you get older?
- ☺ Which parts of the body are private?
- ☺ Who can you talk to if you feel worried or frightened?
- ☺ What is the best thing about being your age?

What Makes Our School Great?

As good citizens it is important for us to understand how we change as we get older.

We need to make sure that we talk to someone if we are feeling frightened or worried about something.

Key Vocabulary

Anus	The area where waste product leaves the body.
Anxious	Feeling worried, nervous, or uneasy about something.
Female	An offspring that can produce eggs.
Life cycle	Series of changes in the life of an organism.
Male	An offspring that can fertilize eggs to reproduce.
Mature	Fully developed or full-grown.
Penis	A male genital organ
Testicles	Two oval organs next to the penis.
Vagina	A female genital organ (internal/inside).
Vulva	A female genital organ (external/outside)
Worried	Anxious or troubled about problems or potential problems.

