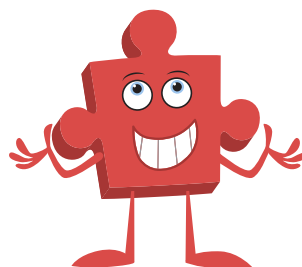




## Being Me In My World Puzzle Map - Ages 10-11

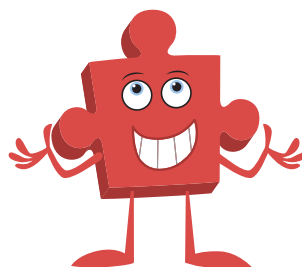
Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. My Year Ahead		I can identify my goals for this year, understand my fears and worries about the future and know how to express them I know how to use my Jigsaw Journal	I feel welcome and valued and know how to make others feel the same
2. Being a Global Citizen 1	R12, H2, H3	I know that there are universal rights for all children but for many children these rights are not met	I understand my own wants and needs and can compare these with children in different communities
3. Being a Global Citizen 2	R12, H2, H3	I understand that my actions affect other people locally and globally	I understand my own wants and needs and can compare these with children in different communities
4. The Learning Charter	R12, R13, R14, R25, H4	I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them
5. Our Learning Charter	R7, R12, R13, R16	I understand how an individual's behaviour can impact on a group	I can contribute to the group and understand how we can function best as a whole
6. Owing our Learning Charter	R12, R13, R16	I understand how democracy and having a voice benefits the school community	I understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself





## Celebrating Difference Puzzle Map - Ages 10-11

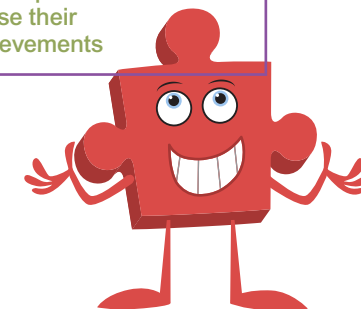
Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Am I Normal?	R15, H4, H7, H10	I understand there are different perceptions about what normal means	I can empathise with people who are different
2. Understanding Difference	R3, R12, R18, R19, H7, H10	I understand how being different could affect someone's life	I am aware of my attitude towards people who are different
3. Power Struggles	R11, R21, R25, R31, R32, H7, H13, H17	I can explain some of the ways in which one person or a group can have power over another	I know how it can feel to be excluded or treated badly by being different in some way
4. Why Bully?	R11, R17, R30, R31, H8, H13, H17	I know some of the reasons why people use bullying behaviours	I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one
5. Celebrating Difference Puzzle Outcome: Admiration Accolades	R12, R13	I can give examples of people with disabilities who lead amazing lives	I appreciate people for who they are
6. Celebrating Difference Assessment Opportunity	R13, R16, H2, H3	I can explain ways in which difference can be a source of conflict and a cause for celebration	I can show empathy with people in either situation





## Dreams & Goals Puzzle Map - Ages 10-11

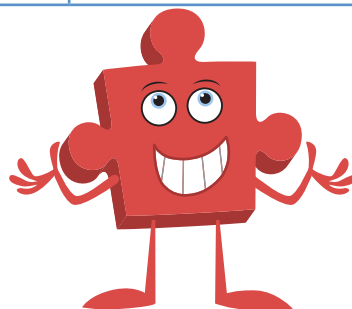
Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Personal Learning Goals</b>	R15	I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal)	I understand why it is important to stretch the boundaries of my current learning
<b>2. Steps to Success</b>		I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these	I can set success criteria so that I will know whether I have reached my goal
<b>3. My Dream For the World</b> Puzzle outcome: Flags/bunting	H2, H3	I can identify problems in the world that concern me and talk to other people about them	I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations
<b>4. Helping to Make a Difference</b> Puzzle outcome: Fundraising event	R12, R13, H7	I can work with other people to help make the world a better place	I can empathise with people who are suffering or who are living in difficult situations
<b>5. Helping to Make a Difference</b>	R16, H4	I can describe some ways in which I can work with other people to help make the world a better place	I can identify why I am motivated to do this
<b>6. Recognising Our Achievements</b> Assessment Opportunity	R16	I know what some people in my class like or admire about me and can accept their praise	I can give praise and compliments to other people when I recognise their contributions and achievements





## Healthy Me Puzzle Map - Ages 10-11

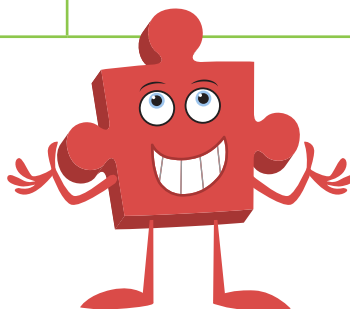
Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Taking responsibility for my health and well-being</b>	R15, R27, R31, R32, H1, H5, H6, H7, H9, H10, H17, H18, H19, H21, H24, H31	I can take responsibility for my health and make choices that benefit my health and well-being	I am motivated to care for my physical and emotional health
<b>2. Drugs</b>	R31, R32, H2, H3, H8, H9, H10, H17, H21, H24, H25	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs
<b>3. Exploitation</b>	R7, R11, R25, R31, R32, H8, H9, H10, H17, H21	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves
<b>4. Gangs</b>	R7, R11, R25, R31, R32, H8, H9, H10, H17, H21	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised
<b>5. Emotional and Mental Health</b>	R30, R31, R32, H1, H4, H5, H6, H7, H9, H10, H12, H17, H18, H19, H21, H28	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this
<b>6. Managing Stress and Pressure</b> <b>Puzzle Outcome: Healthy Body, Healthy Mind</b> <b>Assessment Opportunity</b>	R15, R19, R27, R30, R31, R32, H1, H4, H5, H6, H7, H9, H10, H12, H17, H18, H19, H20, H21, H28	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.	I can use different strategies to manage stress and pressure





## Relationships Puzzle Map - Ages 10-11

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1.What is Mental Health?</b>	R27, R32, H1, H4, H5, H6, H7, H9, H10, H17, H18, H21	I know that it is important to take care of my mental health	I understand that people can get problems with their mental health and that it is nothing to be ashamed of
<b>2.My Mental Health</b>	R15, R27, R32, H1, H4, H5, H6, H7, H9, H10, H17, H18, H21	I know how to take care of my mental health	I can help myself and others when worried about a mental health problem
<b>3.Love and Loss</b>	R32, H2, H3, H4, H7, H9, H10, H17	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve	I can recognise when I am feeling those emotions and have strategies to manage them
<b>4.Power and Control</b>	R8, R9, R10, R13, R17, R19, R25, R26, R28, R30, R31, R32, H8, H9, H17	I can recognise when people are trying to gain power or control	I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
<b>5.Being Online: Real or Fake? Safe or Unsafe?</b>	R11, R13, R20, R21, R22, R23, R24, R25, R26, R28, R29, R32, H11, H12, H13, H14, H15, H16, H17	I can judge whether something online is safe and helpful for me	I can resist pressure to do something online that might hurt myself or others
<b>6.Using Technology Responsibly</b> <b>Puzzle Outcome: Internet Safety Presentation</b> <b>Assessment Opportunity</b>	R13, R21, R22, R23, R24, R25, R26, R28, R32, H11, H12, H13, H14, H15, H16, H17	I can use technology positively and safely to communicate with my friends and family	I can take responsibility for my own safety and well-being





## Changing Me Puzzle Map - Ages 10-11

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1.My Self Image</b>	R15, R27, H1, H4, H6, H7, H9, H10	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
<b>2.Puberty</b>	R30, R32, H9, H34, H35	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
<b>3.Babies: Conception to Birth Assessment Opportunity</b>	R1, R4, R32, H9, H35	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
<b>4.Boyfriends and Girlfriends</b>	R4, R7, R8, R9, R13, R19, H9	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to
<b>5.Real self and ideal self</b>	R13, R15, R16, R19, R27, H1, H4, H6 H9, H10	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
<b>6.The Year Ahead</b>	H2, H3, H4, H6, H9, H10	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I know know how to prepare myself emotionally for the changes next year.

