

# ALDER COPPICE PRIMARY SCHOOL UNIT OVERVIEW



## Dreams and Goals Puzzle – Spring 1

### About this Puzzle

Dreams and Goals helps pupils to learn how to and practice building their resilience, motivation and ambition. This Puzzle plays an important role in PSHE well beyond RSHE statutory guidance, helping children set goals, develop a growth mindset, and manage the emotions that come with both achievement and disappointment. Pupils consider wants and needs, explore jobs and careers, and learn how teamwork, enterprise and community participation can make a difference. Financial education is woven through, helping children understand how money, spending decisions and career choices shape the lives we build. As they progress, children examine how opportunities and barriers differ across cultures and develop empathy for those whose aspirations look very different from their own.

| Dreams & Goals                     | Year 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Taught knowledge</b>            | <b>Knowledge</b> <ul style="list-style-type: none"> <li>• I can set simple goals</li> <li>• I can set a goal and work out how to achieve it</li> <li>• I understand how to work well with a partner</li> <li>• I can tackle a new challenge and understand this might stretch my learning</li> <li>• I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them</li> <li>• I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</li> </ul> |
| <b>Social and Emotional skills</b> | <b>Social and Emotional Skills</b> <ul style="list-style-type: none"> <li>• I can tell you about a thing I do well</li> <li>• I can tell you how I learn best</li> <li>• I can celebrate achievement with my partner</li> <li>• I can identify how I feel when I am faced with a new challenge</li> <li>• I know how I feel when I see obstacles and how I feel when I overcome them</li> <li>• I know how to store the feelings of success in my internal treasure chest</li> </ul>                                                     |

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## Healthy Me Puzzle – Spring 2

### About this Puzzle

Healthy Me covers both physical and emotional health, helping children understand how everyday choices affect their bodies and minds and how these two aspects are linked. Children learn about balanced diets, physical activity, rest, sleep, personal hygiene, dental health, sun safety and first aid, alongside the facts about drugs: starting with medicines and unknown substances moving to alcohol, tobacco and vaping and then illegal drugs. Equally important is the focus on emotional wellbeing: friendships, peer pressure, body image, relationships with food, and strategies for managing stress and anxiety. Safety education runs throughout, with the Safety STAR framework (Stop, Think, Assess, React) helping children identify hazards and manage risk across contexts including road, water, fire and rail safety. This Puzzle is where RSHE Health Education statutory guidance is most broadly represented, but Jigsaw ensures that the emotional and social learning is embedded, so building children's confidence, self-respect and agency to make informed, healthy choices for life.

### Healthy Me

### YEAR 1

#### Taught knowledge

#### Knowledge

- I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy
- I know how to make healthy lifestyle choices
- I know how to keep myself clean and healthy, and understand how germs cause disease/illness
- I know that all household products including medicines can be harmful if not used properly
- I understand how medicines can help me if I feel poorly and I know how to use them safely
- I know how to keep safe when crossing the road, and about people who can help me to stay safe
- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy

#### Social and Emotional skills

#### Social and Emotional Skills

- I feel good about myself when I make healthy choices
- I am special so keep myself safe
- I know some ways to help myself when I feel poorly
- I can recognise when I feel frightened and know who to ask for help
- I can recognise how being healthy helps me to feel happy