

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 2

Taught knowledge

Knowledge

- I can choose a realistic goal and think about how to achieve it
- I know what I need to keep my body healthy
- I can recognise who I work well with and who it is more difficult for me to work with
- I can work well in a group to create an end-product
- I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed
- I know how to share success with other people

Social and Emotional skills

Social and Emotional Skills

- I can tell you things I have achieved and say how that makes me feel
- I am motivated to make healthy choices that help me to reach my goals
- I can tell you how working with other people helps me learn
- I can work with others in a group to solve problems
- I can tell you when a feeling is weak and when a feeling is strong
- I can tell you how being part of a successful group feels and I can store these feelings in my internal treasure chest

ALDER COPPICE PRIMARY SCHOOL UNIT OVERVIEW



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 2

Taught knowledge

Knowledge

- I can sort foods into the correct food groups and know which foods my body needs to keep me healthy
- I can make some healthy snacks and explain why they are good for my body and give me energy
- I can recognise hazards in my home, including fire risks and hot things, and know how to reduce risks and keep myself safe
- I can recognise risks and know how to keep safe around roads, railways, and water, and can explain why safety rules help protect me
- I understand how medicines work in my body and how important it is to use them safely
- I can explain how to keep my body healthy and safe at home and when I'm out

Social and Emotional skills

Social and Emotional Skills

- I have a healthy relationship with food and know which foods I enjoy the most
- I can express how it feels to share healthy food with my friends
- I can recognise when I feel worried or unsafe and know to tell an adult straight away
- I can recognise some of the feelings I get when something feels unsafe and know some ways to manage these to make a safer choice
- I feel positive about caring for my body and keeping it healthy
- I can make good choices that help me stay healthy and safe