

# ALDER COPPICE PRIMARY SCHOOL UNIT OVERVIEW



## Being Me in My World Puzzle – Autumn 1

### About this Puzzle

This Puzzle opens each academic year by establishing the foundations for everything else in Jigsaw PSHE: belonging, emotional safety and shared expectations. Children explore what it means to be part of a class, a school, a wider community and, as they progress, a global community. Through creating the Learning Charter together, they experience democracy, British Values, rights and responsibilities, and how this related to the rule of law. Alongside this, they develop the emotional literacy to recognise and manage feelings, understand how their behaviour affects others, and build the self-respect and empathy that underpin all healthy relationships.

| Being Me in My World               | Year 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Taught knowledge</b>            | <b>Knowledge</b> <ul style="list-style-type: none"> <li>• I recognise my worth and can identify positive things about myself and my achievements</li> <li>• I can set personal goals</li> <li>• I know how to use my Jigsaw Journal</li> <li>• I can face new challenges positively, make responsible choices and ask for help when I need it</li> <li>• I understand why rules are needed and how they relate to rights and responsibilities</li> <li>• I understand that my actions affect myself and others and I care about other people's feelings</li> <li>• I can make responsible choices and take action</li> <li>• I understand my actions affect others and try to see things from their points of view</li> </ul> |
| <b>Social and Emotional skills</b> | <b>Social and Emotional Skills</b> <ul style="list-style-type: none"> <li>• I value myself and know how to make someone else feel welcome and valued</li> <li>• I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions</li> <li>• I know how to make others feel valued</li> <li>• I understand that my behaviour brings rewards/consequences</li> <li>• I can work cooperatively in a group</li> <li>• I am choosing to follow the Learning Charter</li> </ul>                                                                                                                                                                                               |

# ALDER COPPICE PRIMARY SCHOOL UNIT OVERVIEW



## Celebrating Difference Puzzle – Autumn 2

### About this Puzzle

Celebrating Difference helps children understand, respect and value diversity. Running in Autumn 2, it aligns naturally with Anti-Bullying Week and provides a rich context for exploring similarities and differences in families, cultures, abilities, appearance and beliefs. Children learn what bullying is and isn't (including cyberbullying) and develop the language and strategies to challenge it, support those affected, and seek help. As they progress, pupils examine stereotypes, prejudice, discrimination and protected characteristics, building empathy and critical thinking to stand up for fairness and inclusion.

### Celebrating Difference

### YEAR 3

#### Taught knowledge

#### Knowledge

- I understand that everybody's family is different and important to them
- I understand that differences and conflicts sometimes happen among family members
- I know what it means to be a witness to bullying
- I know that witnesses can make the situation better or worse by what they do
- I recognise that some words are used in hurtful ways
- I can tell you about a time when my words affected someone's feelings and what the consequences were

#### Social and Emotional skills

#### Social and Emotional Skills

- I appreciate my family/the people who care for me
- I know how to calm myself down and can use the 'Solve it together' technique
- I know some ways of helping to make someone who is bullied feel better
- I can problem-solve a bullying situation with others
- I try hard not to use hurtful words (e.g., gay, fat)
- I can give and receive compliments and know how this feels