

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 3

Taught knowledge

Knowledge

- I can tell you about a person who has faced difficult challenges and achieved success
- I can identify a dream / ambition that is important to me
- I enjoy facing new challenges. I'm working out the best ways need to achieve them
- I am motivated and enthusiastic about achieving a new challenge
- I can recognise obstacles which might hinder my achievements and can take steps to overcome them
- I can evaluate my own learning process and identify how it can be better next time

Social and Emotional skills

Social and Emotional Skills

- I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)
- I can imagine how I will feel when I achieve my dream / ambition
- I can break down a goal into a number of steps and know how others could help me to achieve it
- I know that I'm responsible for my own learning and can use my strengths as a learner to achieve the challenge
- I can manage the feelings of frustration that may arise when obstacles occur
- I am confident in sharing my success with others and can store my feelings in my internal treasure chest

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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 3

Taught knowledge

Knowledge

- I understand how exercise affects my body and know why my heart and lungs are such important organs
- I know that the amount of calories, fat and sugar I put into my body will affect my health
- I can tell you my knowledge and attitude towards drugs
- I can identify things, people and places that I need to keep safe from
- I know some strategies for keeping myself safe, who to go to for help and how to call emergency services
- I can identify when something feels safe or unsafe
- I understand how complex my body is and how important it is to take care of it

Social and Emotional skills

Social and Emotional Skills

- I can set myself a fitness challenge
- I know what it feels like to make a healthy choice
- I can identify how I feel towards drugs
- I can express how being anxious or scared feels
- I can take responsibility for keeping myself and others safe
- I respect my body and appreciate what it does for me