

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	Reception
Taught knowledge	Knowledge • Know what a challenge is • Know that it is important to keep trying • Know what a goal is • Know how to set goals and work towards them • Know which words are kind • Know some jobs that they might like to do when they are older • Know that they must work hard now in order to be able to achieve the job they want when they are older • Know when they have achieved a goal
Social and Emotional skills	Social and Emotional Skills • Understand that challenges can be difficult • Resilience • Recognise some of the feelings linked to perseverance • Recognise how kind words can encourage people • Talk about a time that they kept on trying and achieved a goal • Be ambitious • Feel proud • Celebrate success

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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

Reception

Taught knowledge

Knowledge

- I can name some parts of my body and understand that being active helps keep me healthy
- I understand that moving my body and resting are both important for my health
- I can talk about things I need to do to stay healthy
- I know what “healthy” means and can begin to make healthy food choices
- I know how to help myself go to sleep and understand why sleep is important
- I can wash my hands and understand why this is important, especially before eating and after using the toilet
- I know who my safe adults are and how to stay safe if they are not close by

Social and Emotional skills

Social and Emotional Skills

- I can notice how my body feels when I am active and understand that moving helps keep me well
- I can recognise when my body needs movement or rest
- I can talk about some ways I can look after myself and keep my body healthy
- I can make simple healthy choices and notice how these help my body and feelings
- I can use strategies that help me feel calm and ready for sleep
- I can take responsibility for caring for my body by keeping myself clean and healthy
- I can identify trusted adults and ask for help when I feel unsafe or unsure