

## Jigsaw knowledge and skills progression: Dreams & Goals Ages 3-11(12)

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. The table below draws out the spiral knowledge and skills progression within the Dreams & Goals Puzzle (unit of work) including some of the new key vocabulary used in each year group and suggestions for Family Learning. Please ask your child's school for details of any adaptations they have made to the programme in line with their school policy as some of the content and vocabulary may have been changed or be taught in a different year group.

DG	Knowledge	Social and Emotional Skills	Questions for Family Learning
<b>Ages 6-7</b>	<ul style="list-style-type: none"> <li>• Know how to choose a realistic goal and think about how to achieve it</li> <li>• Know that it is important to persevere</li> <li>• Know how to recognise what working together well looks like</li> <li>• Know what good group working looks like</li> <li>• Know how to share success with other people</li> <li>• Know what they need to keep themselves healthy and how healthy choices can help them reach their goals</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to describe their own achievements and the feelings linked to this</li> <li>• Recognise how working with others can be helpful and what can make this more effective</li> <li>• Be able to work effectively with a partner</li> <li>• Be able to choose a partner with whom they work well</li> <li>• Be able to work as part of a group</li> <li>• Recognise how it feels to be part of a group that succeeds and store this feeling</li> <li>• Recognise what relaxed and stressed feel like and identify things that cause these feelings</li> </ul>	<ul style="list-style-type: none"> <li>• What goals have you set at school?</li> <li>• What goal would you like to set for home?</li> <li>• What do you need to do achieve your goal?</li> <li>• How do you feel when something is difficult?</li> <li>• How do you feel when you have achieved a goal?</li> <li>• How do you like to celebrate when you achieve something you are proud of?</li> <li>• How can we celebrate each other's achievements at home?</li> <li>• Does Jigsaw Jo help you learn?</li> <li>• Do you have Pause Points with Jigsaw Jerrie Cat? Do these help you?</li> </ul>
<p>In this Puzzle the class talk about setting realistic goals and how they can achieve them. They discuss perseverance when they find things difficult as well as recognising their strengths as a learner. The children talk about group work and reflect on who they work well with and who they don't. They also talk about sharing success with other people.</p>			
<p><b>New key vocabulary that may be introduced:</b> Realistic, challenge, difficult, motivation, healthy choices, relaxed, stressed, calm, courtesy, easy, learning together, partner, product, problem-solve.</p>			

<b>Notes for</b>	<b>School</b>
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