



Being Me in My World

## Jigsaw PSHE Autumn 1 - Being Me In My World (Y3)

This term, the Jigsaw unit we will be covering in PSHE is 'Being Me In My World'. This unit is concerned with being both ourselves and parts of different communities, exploring rights, rules, fairness and self-worth. The 'puzzle pieces' explored are detailed below, as is the core vocabulary we will be teaching and using.

In this Puzzle (unit) the children learn to recognise their self-worth and identify positive things about themselves and their achievements. They talk about new challenges and how to face them with positivity. The children talk about the need for rules and how these relate to rights and responsibilities. They talk about choices and consequences, working collaboratively and seeing things from other people's points of view. The children talk about different feelings and the ability to recognise these feelings in themselves and others. They set up their Jigsaw Journals and establish the Jigsaw Charter

### Puzzle Pieces (lessons)

1. Getting To Know Each Other (learning about each other, recognising own and others' worth, setting personal goals).
2. Our Nightmare School (recognising emotions such as happiness, sadness or fear, being able to face challenges positively and ask for help).
3. Our Dream School (understanding rights and responsibilities, understanding why rules are needed and how these concepts are connected).
4. Rewards and Consequences (understanding how our behaviour can have an impact on others and brings rewards/consequences).
5. Our Learning Charter (creating a learning charter, working cooperatively and making responsible choices).
6. Owning Our Learning Charter (Understanding how our actions affect others, trying to see things from other points of view).

### Vocabulary

Welcome, Valued, Achievements, Proud, Pleased, Personal Goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Fears, Worries, Solutions, Support, Rights, Responsibilities, Learning Charter, Dream, Behaviour, Rewards, Consequences, Actions, Fairness, Choices, Co-Operate, Group Dynamics, Team Work, View Point, Ideal School, Belong.

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.