

Year 10 Jigsaw Overview

PLEASE NOTE: The Jigsaw lessons used compliment other lessons taught within the PSHE curriculum. The Jigsaw lessons shown below are the Jigsaw lessons taught at Ipswich Academy. However, the order they are taught in may differ from the list below.

Celebrating Difference Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
4. Power in relationships	<p>I can identify the misuse of power in relationships</p> <p>I can give examples of the physical and mental consequences of misuse of power in relationships</p> <p>I can list sources of support for individuals experiencing ill-treatment by others</p>	I can understand and discuss how coercive control can develop

Dreams and Goals Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
4. A Healthy Balance	<p>I can describe how balance supports mental and physical health</p> <p>I can identify what I can do to create more balance in my life</p> <p>I can explain the importance of connections in relation to healthy relationships</p>	I can understand the importance of having balance in my life
5. A Healthy Balance	<p>I can identify the wide range of goals individuals have</p> <p>I can understand a range of health goals that are priorities for some people</p> <p>I can explain how helping a stranger can impact positively on people</p>	I can discuss how I can support someone achieve their health goals

Healthy Me Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
4. Extraordinary minds	<p>I know about some mental health disorders</p> <p>I understand the positive impact that community action and volunteering can have on mental health</p>	<p>I am aware of the importance of looking after my mental health and that it is my responsibility to do so</p> <p>I understand the links between physical and mental health, including spending time outdoors.</p> <p>I can describe a range of actions I can take that support mental health</p>

Being Me in the World Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Liberty and safety in my world	<p>I can list the freedoms I enjoy in society</p> <p>I can describe what personal freedom means to me</p> <p>I can describe my understanding of safety</p> <p>I can identify potential risks to my safety</p>	<p>I understand that this can differ in other parts of the world</p> <p>I can compare my freedom and safety to that of teenagers in different parts of the world</p>

Relationships Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
3. Healthy connections	<p>I understand the benefits of healthy relationships</p> <p>I can discuss the physical and mental benefits of connectedness</p> <p>I can assess the impact healthy relationships can have on children</p> <p>I can evaluate my own role in a range of relationships</p> <p>I can critically evaluate the role of love in relationships</p> <p>I can list strategies to cope with difficult relationships</p>	I can explain how different types of relationships contribute towards happiness
3. Porn - is it real?	<p>I understand that pornography and some media images give a false impression of sex and sexual relationships</p> <p>I can challenge stereotypical ideas of 'ideal' males and females</p> <p>I know about sex and the law as applied to online and social media</p>	I am reassured that my adolescence is normal for me
5. Better together?	<p>I can list the health benefits that positive relationships can provide</p> <p>I understand the physical and mental impact of unhealthy relationships</p> <p>I can discuss the patterns associated with abusive relationships including exploitation and abuse in teenage relationships</p> <p>I understand how coercion can feature in a range of relationships</p> <p>I can describe examples of legislation associated with coercion, exploitation and abuse in relationships</p> <p>I know the support available when relationships are unsafe</p>	I can discern relationships that might not be healthy

Changing Me Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
3. Gender and sexual identity	<p>I can identify the change that some people may experience in relation to sexual identity and gender</p> <p>I can understand the spectrum (or galaxy) of sexuality and gender including appropriate vocabulary</p> <p>I can discuss the reality and myths surrounding sexual identity and gender</p> <p>I can describe where to find help and support around sexual identity and gender</p>	I understand the range of relationship changes that individuals can experience, including with self.
4. Gender stereotypes and sexual identity	<p>I can discuss gender and stereotypes in relation to a range of romantic relationships</p> <p>I can identify and understand the legislation relating to a range of relationships</p> <p>I understand the risks associated with exploring sexual identity</p>	I understand the range of emotions individuals can experience in relation to romantic relationships