

Year 11 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.

Healthy Me Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Relaxation and managing stress	<p>I know some ways to help me manage anxiety and stress</p> <p>I know some ways to relax</p> <p>I can explain the links between sleep and physical/ mental health</p>	<p>I know how I can prepare for my exams to help improve my concentration and manage any stress /anxiety</p>
3. Under pressure	<p>I understand the influences that inform decision making with regard to sexual relationships.</p> <p>I know some strategies to help manage sexual pressure</p> <p>I understand what consent is in relation to sexual relationships</p>	<p>I recognise that there are different views about sexual relationships and my own may be different from others</p>
4. Pregnancy and choice	<p>I understand the choices available in relation to contraception and pregnancy</p> <p>I know key facts about fertility and pregnancy</p>	<p>I have an understanding of my own feelings and beliefs about pregnancy and choice</p> <p>I understand that there are a range of views and beliefs about contraception and pregnancy and respect that views may differ from my own</p>

Being Me in the World Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
2. Relationships and the law	<p>I can give examples of legislation that relates to sex and relationships</p> <p>I know about the legal status of different relationships e.g marriage, civil partnership, co-habitation</p> <p>I can explain why coercive control, sexual harassment and sexual violence in relationships is unacceptable, illegal and the consequences of this</p>	<p>I can suggest ways to keep myself and others safe in regard to healthy and positive relationships</p> <p>I know how and where to access advice and support if I am concerned about a sex or relationship matter</p>
5. Emergency situation	<p>I know the steps to take in an emergency situation including assessment of the situation, making the area safe, giving emergency aid, accessing help</p> <p>I can apply this knowledge to a range of scenarios where emergency aid may be needed</p>	<p>I am aware of the feelings I might encounter when faced with an emergency situation and how those requiring my help might feel</p>

Relationships Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<p>2. Gender diversity and sexuality</p>	<p>I can explain there is a spectrum of gender and sexuality</p> <p>I know that sexuality is different from gender diversity</p> <p>I know that for some people, gender identity and sexuality is fluid and for others it is fixed</p> <p>I know that LGBT+ people are protected by law</p>	<p>I know how to access support if worried about sexuality or gender issues</p>
<p>4. Who holds all the cards?</p>	<p>I can recognise when there is an imbalance of power within an intimate relationship</p> <p>I can suggest strategies for managing relationships that are imbalanced, including ending them if appropriate</p> <p>I know how to recognise illegal behaviour within an intimate relationship, how and where to report it</p>	<p>I understand that for some young people (straight and LGBTQ) lack of understanding, information or support can lead them towards risky sexual experimentation which is a different form of power imbalance in relationships</p>