

Year 7 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
2. True or false?	I can challenge my own and others' attitudes and values, and accept difference in others	I can see the world from other people's points of view and take account of their intentions, preferences and beliefs I know I have choices in how I allow others to influence me
3. Challenging stereotypes	I can understand the wide range of roles in society and the variety of individuals that operate within them I understand what stereotyping means and its potential impact I can define stereotyping and explain why it is unhelpful	I know that I am a unique individual, and I can think about myself and others on many different levels (e.g. physical characteristics, personality, attainments, attitudes, values, etc.)
4. Discrimination in school	I can challenge prejudice and discrimination assertively I understand that positive and negative discrimination can take different forms and how it can affect people's lives I know what the Equality Act is and can give some examples of protected characteristics	I understand the impact of bullying, prejudice and discrimination on those involved and can think through how this can be alleviated I can take others' thoughts and feelings into account in how I manage my relationships I know where and how to get help if I am on the receiving end of bullying, prejudice or discrimination (local and national sources of help)
5. Bullying	I can understand what bullying is and what it is not and some of the motivations behind bullying behaviours	I understand the impact bullying, prejudice and discrimination can have on those involved, and can use appropriate strategies to alleviate this and support them I know where and how to get help if I am on the receiving end of bullying, prejudice or discrimination (local and national sources of help)

Dreams and Goals Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
3. Coping strategies	I can use my experiences, including mistakes and setbacks, to make appropriate changes to my plans and behaviour	I can anticipate and plan to work around or overcome potential obstacles I can identify barriers to achieving a goal and identify how I am going to overcome them
5. How making an irresponsible choice could affect a person's dreams and goals	I can demonstrate how to respond to a situation requiring first aid I can give an example of when an irresponsible or unsafe choice could affect a person's dreams and goals	I understand that an irresponsible or unsafe choice could affect my dreams and goals

Healthy Me Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. How to recognise and deal with anxiety and stress	I can explain ways to help myself when I feel stressed	I can describe techniques I use to manage my emotions
3. Healthy choices on... substances	I know about different substances and the effects they have on the body and why some people use them	I know what makes me feel good and know how to enjoy myself (e.g. to feel calm, elated, energised, focused, engaged, have fun, etc.) - in ways that are not damaging to myself and others
4. Healthy lifestyle choices: Good nutrition, exercise and Sleep	I understand the positive impact of healthy lifestyle choices such as good nutrition, exercise and sleep on my body and mind	I can explain why everyone needs to take responsibility for their health
5. Healthy choices on... medicines and immunisation	I understand the role of vaccinations and can explain differing views on this	I can recognise that decisions about my health depend on having access to accurate information

Relationships Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Positive qualities of healthy relationships	<p>I can identify characteristics and benefits of positive, strong, supportive, relationships</p> <p>I understand what expectations might be of having a romantic/ attraction relationship</p> <p>I understand what is meant by consent</p>	<p>I understand/recognise the range of positive qualities people bring to relationships</p> <p>I understand why respect for the other person's wishes is important in relationships</p>
2. My changing supportive relationships	<p>I can identify the supportive relationships in my life</p> <p>I know that relationships change and suggest how to manage this</p>	<p>I understand/recognise the characteristics of some of the supportive relationships in my life</p> <p>I can recognise that my emotions and feelings can change regularly</p>
3. Getting on and falling out	<p>I can identify why people sometimes fall out</p> <p>I can suggest ways to manage conflict within my friendship group</p>	<p>I can identify emotions that can be associated with falling out</p>
4. Discerning external factors in relationships	<p>I can understand that discernment is an important skill when being a consumer of media</p>	<p>I can understand discernment and how it is important in relationships</p>
5. Assertiveness in relationships	<p>I can recognise when to use assertiveness in some of my relationships</p> <p>I can understand the personal and legal consequences of sexting</p> <p>I can understand what it meant by consent</p>	<p>I can suggest skills which will keep my relationships happy and healthy</p> <p>I can apply assertiveness to my relationships when appropriate</p>

Changing Me Unit

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
2. Having a baby	<p>I know how a baby is conceived naturally</p> <p>I know that there are other ways a baby can be conceived e.g. IVF</p> <p>I understand how a baby develops inside the uterus and is born</p>	<p>I can express the different feelings and choices that people may have and make about conception, pregnancy and having a baby</p> <p>I can appreciate that a baby comes with responsibilities</p>
4. Image and self-esteem	<p>I know that the media can have a positive or negative impact on a person's self-esteem or body image</p> <p>I know where to go for help if I am worried about my body image or self-esteem</p>	<p>I understand how self-image is linked to self-esteem</p> <p>I can apply strategies to build my self-esteem</p>