



'Goodness and Mercy' Progression Outcomes Statements (Health Education) mapped to Jigsaw, the mindful approach to PSHE



This document aims to support Church of England schools using Jigsaw PSHE to see how Jigsaw aligns to and works with 'Goodness and Mercy'

It takes the Progression Outcomes Statements from the Diocese of Bristol 'Goodness and Mercy' programme and gives examples of where this topic is evident within primary PSHE.

As Jigsaw is a spiral curriculum, where topics are introduced and learning built week on week and year on year, the areas listed in the bullet points are or could be covered progressively throughout the lessons listed. The areas in orange, which are specifically the remit of Church Schools, are not detailed explicitly in Jigsaw PSHE, but could easily be included at the teacher's discretion.

Strand	KS1 outcomes	Where covered in Jigsaw Pieces = Lessons	KS2 outcomes	Where covered in Jigsaw Pieces = Lessons
Sleep, rest and hygiene	<ul style="list-style-type: none"> • Pupils can describe how to look after themselves. • Pupils can show someone how people can clean their teeth and talk about how people can help themselves to have good sleep (Science) 	<p>Year 1 Healthy Me, Pieces 1, 2, 3, 6</p> <p>Year 2 Healthy Me, Pieces 2, 6</p>	<ul style="list-style-type: none"> • Pupils can explain why it is important to look after themselves. • Pupils can demonstrate how to look after their teeth and their skin in the sun; can explain why this is important and what happens if people do not do this. • Pupils can talk about how to practise personal hygiene and can explain why it can be anti-social not to do so. • Pupils can explain why good sleep and rest are important and what the effects of not getting enough sleep can be. 	<p>Year 3 Healthy Me, Piece 6</p> <p>Year 5 Healthy Me, Piece 6</p> <p>Year 6 Healthy Me, Pieces 1, 5 and 6</p> <p>Changing Me Piece 2 (personal hygiene)</p> <p>Additional lessons on Sun Safety can be found in the Community Area.</p>
Healthy eating	<ul style="list-style-type: none"> • Pupils can identify and list many healthy and less healthy foods. 	<p>Year 1 Healthy Me, Pieces 2, 4</p>	<ul style="list-style-type: none"> • Pupils can plan a healthy diet and describe the dangers of an unhealthy one. 	<p>Year 3 Healthy Me, Pieces 1 and 2.</p>

		Year 2 Healthy Me, Pieces 4, 5 and 6		
Spiritual practices	<ul style="list-style-type: none"> Pupils will have observed/ experienced/participated in some calming spiritual time. 	<p>Calm Me within every lesson. Pause Points add to this.</p> <p>Year 2 Healthy Me, Piece 2.</p>	<ul style="list-style-type: none"> Pupils can explain why having some sort of spiritual practice may improve physical, emotional and mental health. 	<p>Calm Me within every lesson. Pause Points add to this.</p> <p>Specifically in</p> <p>Year 6 Healthy Me, Pieces 5 and 6.</p> <p>Relationships, 1 and 2.</p>
Exercise	<ul style="list-style-type: none"> Pupils can name and talk about different kinds of exercise. 	<p>Year 1 Healthy Me: Piece 1</p> <p>Year 2 Healthy Me, Piece 1</p>	<ul style="list-style-type: none"> Pupils can describe different kinds of exercise, the impact on people's bodies and explain why exercise is good for your health. 	Year 3 Healthy Me, Pieces 1 and 2
Mental health, wellbeing and emotional literacy	<ul style="list-style-type: none"> Pupils can talk about their emotions, (such as when they are happy, sad, angry or afraid) and understand when those emotions are helpful. Pupils can talk about how taking exercise, eating healthily, spending time outdoors and praying or meditating can be good for their feelings 	<p>All lessons but specifically</p> <p>Year 1 Healthy Me, Piece 6</p> <p>Year 2 Healthy Me, Piece 2</p> <p>Year 2 Relationships, piece 3.</p> <p>Year 1, Healthy Me, Piece 6</p>	<ul style="list-style-type: none"> Pupils can talk about how people can express their emotions such as anger and fear. Pupils can explain why feelings can affect the way people behave. Pupils can describe strategies to manage feelings so that they do not have a negative impact on others. Pupils can understand that keeping healthy physically and spiritually will help their mental health. Pupils can identify some of the worries and concerns that people might feel moving to a new school. Pupils can identify ways in which someone can positively manage such a move. 	<p>Year 3</p> <p>Being Me in My World, Piece 2, Healthy Me, Pieces 3 and 4</p> <p>Calm Me teaches the children strategies to manage feelings in every lesson.</p> <p>Mental health: Year 6, Healthy Me, Pieces 1, 5 and 6</p>

		Year 2 Healthy Me, Piece 2		Moving to a new school: Year 6: Changing Me, Piece 6.
Screen time and screen-safety	<ul style="list-style-type: none"> • Pupils can list some of the ways that screens improve their lives. • Pupils can list some rules about the limits for using screens that can keep people healthy. • Pupils can identify how people use 'masks' online to be nasty and who to ask for help. • Pupils can list what information should or should not be shared. (Safeguarding) 	Covered in Year 3 , Relationships, Piece 3 Year 5 , Relationships, Pieces 2, 3, 4 and 5	<ul style="list-style-type: none"> • Pupils can explain how to make wise choices online and why limiting screen time is a good idea. • Pupils can show understanding of the different ways that people use the internet for bad purposes and outline how to avoid harm. 	Year 3 , Healthy Me, Piece 5. Year 5 , Relationships, Pieces 2, 3, 4, 5 and 6 Year 6 , Relationships, Pieces 5 and 6.
Alcohol, smoking and drugs			<ul style="list-style-type: none"> • Pupils can explain the facts and laws surrounding the use of alcohol, smoking and drugs. (Citizenship) • Pupils show understanding of the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; can recognise that drug use can become a habit which can be difficult to break. • Pupils can talk about why people choose to use or not use drugs (including nicotine, alcohol and medicines). • Pupils can talk about the organisations that can support people around alcohol, tobacco or other drug use; know people they can talk to if they have concerns. 	Drugs: Year 3 , Healthy Me, Piece 3 Smoking: Year 4 , Healthy Me, Piece 3 Alcohol: Year 4 , Healthy Me, Piece 4 Year 5 : Recap: Healthy Me, Pieces 1 and 2 Year 6 Recap: Healthy Me, Pieces 2 and 3.
First Aid	<ul style="list-style-type: none"> • Pupils can talk about what to do if there is an accident and someone is hurt, how to get help in an emergency (how to 	Covered in Year 3 , Healthy Me, Piece 4.	<ul style="list-style-type: none"> • Pupils can explain how to make an emergency call and demonstrate how to apply basic First Aid (e.g. dealing with common injuries including head injuries). 	Year 3 , Healthy Me, Piece 4. Year 5 Healthy Me, Piece 3

	dial 999 and what to say).			
Puberty			<ul style="list-style-type: none"> • Pupils can talk about puberty and how it affects girls and boys, particularly the emotional and physical changes including menstruation; about key facts about the menstrual cycle, menstrual wellbeing and wet dreams. (Science) • Pupils can identify the external genitalia and internal reproductive organs in males and females and explain how the process of puberty relates to human reproduction. (Science) 	Year 3 , Changing Me, Pieces 3 and 4 Year 4 , Changing Me, Piece 3, Year 5 , Changing Me, Pieces 2 And 3 Year 6 , Changing Me, Piece 2