

## **Ages 4-5 PSHE Coverage (1 Year cycle)**

Welcome to the Jigsaw teaching and learning materials for ages 4-5.

Jigsaw is sequential, the six puzzles (units) starting with 'Being Me in My World' (BM) at the beginning of the school year and working through to the end of the year:

1. **BM** (Being Me in My World)  
'Who am I and how do I fit?'
2. **CD** (Celebrating Difference)  
Respect for similarity and difference. Anti-bullying and being unique
3. **DG** (Dreams and Goals)  
Aspirations, how to achieve goals and understanding the emotions that go with this
4. **HM** (Healthy Me)  
Being and keeping safe and healthy
5. **RL** (Relationships)  
Building positive, healthy relationships
6. **CM** (Changing Me)  
Coping positively with change

Each puzzle has six lesson plans accompanied by all of the teaching and learning materials needed to deliver them.