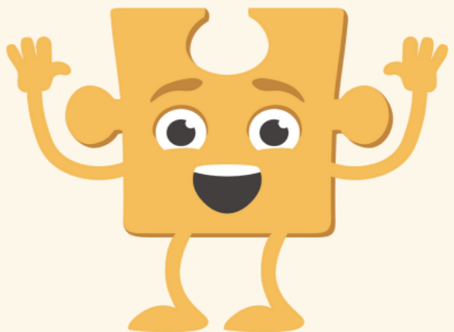
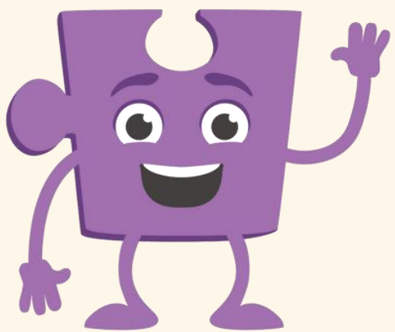


Federation of Bishop Wilson School

Jigsaw PSHE 3-11

Progression Map







At Bishop Wilson C of E School, we use Jigsaw: The Mindful Approach to PSHE, a progressive and spiral scheme of learning. When planning lessons, Jigsaw ensures that learning from previous year groups is revisited, consolidated and extended, with new concepts, knowledge and skills introduced each year in an age-appropriate way.

Intent

At Bishop Wilson C of E School, children are at the heart of our curriculum. Jigsaw's cohesive vision helps pupils understand and value how they fit into, and contribute positively to, the world around them. With a strong emphasis on emotional literacy, resilience, and nurturing both mental and physical wellbeing, Jigsaw equips our pupils with the knowledge and skills they need to thrive.

Jigsaw lessons also incorporate mindfulness, enabling children to develop greater emotional awareness, concentration, focus and self-regulation. Opportunities for Spiritual, Moral, Social and Cultural (SMSC) development and emotional literacy are embedded throughout the curriculum, supporting children's understanding of themselves and others while enhancing their capacity to learn.

Implementation

Jigsaw 3–11 provides a comprehensive PSHE curriculum, including the statutory requirements for Relationships and Health Education, through a carefully planned, progressive and spiral scheme of work. It offers pupils meaningful learning experiences that help them navigate an ever-changing world and develop positive relationships with themselves and others.

Every lesson provides opportunities for SMSC development, which are clearly mapped and balanced across each year group. Alongside this, pupils are given structured opportunities to develop and apply the five key skills associated with emotional literacy:

- Self-awareness
- Social skills
- Empathy
- Motivation
- Managing feelings

The progression map illustrates how learning develops from the Early Years Foundation Stage through to Year 6, demonstrating how key knowledge, skills and understanding are revisited, deepened and extended each year to ensure sustained progress.

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Being Me in My World Puzzle – Autumn 1

This Puzzle begins each academic year by establishing the foundations for all learning within the Jigsaw PSHE programme. It focuses on developing a sense of belonging, emotional safety and shared expectations. Children explore what it means to be part of a class, the school community, the wider community and, as they progress through the school, the global community.
By creating the Learning Charter together, pupils experience democracy in action while developing an understanding of British Values, rights and responsibilities, and how these relate to the rule of law. Alongside this, they develop the emotional literacy needed to recognise and manage their feelings, understand how their behaviour affects others, and build the self-respect and empathy that underpin positive relationships and responsible citizenship.

Puzzle overview	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	In this Puzzle (unit), children explore the similarities and differences between themselves and others, learning that everyone is unique and that these differences should be valued and respected. They develop the ability to recognise, name and manage their feelings, building the foundations of emotional literacy. Children learn the importance of working cooperatively with others, showing kindness and using gentle hands. They explore children's rights, with a particular focus on the right to learn and the right to play and begin to understand what it means to be responsible for their actions and their learning.	In this Puzzle (unit), children are introduced to their Jigsaw Journals and explore what helps them feel special, safe and calm within their classroom. They develop an understanding of what it means to belong and learn about their rights and responsibilities as members of the class. Children consider how to welcome others, keep their classroom safe and supportive for learning, and recognise that their views are valued when contributing to the whole-school Learning Charter. They explore feelings associated with rewards and pride, reflect on the choices they make, and recognise the emotions that can arise from the consequences of their actions. By the end of the Puzzle, children understand the importance of their role in creating a positive, respectful and safe school community, with the Learning Charter serving as a shared agreement that supports everyone's learning and wellbeing.	In this Puzzle, children reflect on their hopes and aspirations for the year ahead, recognise feelings of worry and learn how to seek support. They explore belonging within their class and school community while developing an understanding of rights, responsibilities and positive contributions. Across the six Pieces, children consider rewards and consequences, explore how their choices affect themselves and others, and identify what makes a classroom safe, fair and inclusive. They also learn how the Learning Charter supports positive behaviour and learning. By the end of the Puzzle, children understand their role in creating a positive school community through the shared expectations of the whole-school Learning Charter.	In this Puzzle, children reflect on their achievements, set personal goals, and explore ways to help others feel welcome. They recognise emotions linked to worries and fears and consider what makes a school safe and supportive. Across the six Pieces, children explore rights and responsibilities, consider how their behaviour and choices affect others, and work together to create and follow their Learning Charter, promoting teamwork, fairness and inclusion. By the end of the Puzzle, children understand how their actions influence others, appreciate different perspectives, and take responsibility for contributing to a positive school community through the whole-school Learning Charter.	In this Puzzle, children explore what it means to belong to a class team, reflecting on inclusion, friendship and how their actions affect others. They also consider the different roles people play in school and how they can contribute to their community. Across the six Pieces, children develop their understanding of rights, responsibilities and democracy, learning how to share their thoughts and opinions respectfully. They explore how rewards and consequences influence behaviour and develop empathy for others. By the end of the Puzzle, children understand how making responsible choices and participating positively helps create a supportive school community, guided by the whole-school Learning Charter.	In this Puzzle, children look ahead to the year by setting personal goals, reflecting on what they value about their school community, and exploring leadership, motivation and resilience. Across the six Pieces, children develop their understanding of rights and responsibilities, empathy, fairness and how their choices affect themselves and others. They also explore how rewards and consequences influence behaviour and how everyone can contribute to decision-making through the Learning Charter. By the end of the Puzzle, children understand how democracy, shared expectations and positive participation help create a supportive school community, guided by the whole-school Learning Charter.	In this Puzzle, children reflect on the year ahead by identifying personal goals, worries and aspirations, while exploring how everyone can feel welcome, valued and included. Across the six Pieces, children develop their understanding of global citizenship, children's rights, and the difference between wants and needs. They consider how their choices affect others both locally and globally, while exploring the links between rights, responsibilities, rewards, consequences and the Learning Charter. By the end of the Puzzle, children understand how democracy, shared expectations and positive choices contribute to a safe, inclusive and supportive school community through the whole-school Learning Charter.

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Celebrating Difference Puzzle – Autumn 2

Celebrating Difference helps children understand, respect and value diversity. Taught in Autumn 2, it provides opportunities to explore similarities and differences in families, cultures, abilities, appearance and beliefs, while supporting learning during Anti-Bullying Week. Children learn what bullying is and is not, including cyberbullying, and develop the confidence to challenge unkind behaviour, support others and seek help. As they progress, pupils deepen their understanding of stereotypes, prejudice, discrimination and protected characteristics, promoting empathy, respect and inclusion.

Puzzle overview	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Celebrating Difference	In this Puzzle, children recognise their own strengths and celebrate the fact that everyone has different talents and qualities. They explore similarities and differences, sharing what makes their homes and families special while developing respect for others. Across the six Pieces, children learn about friendship, kindness and inclusion. They explore how to be a good friend, recognise unkind behaviour, and develop the confidence to stand up for themselves and others. By the end of the Puzzle, children understand that everyone is unique and deserves to be treated with kindness, respect and inclusion.	In this Puzzle, children explore similarities and differences, recognising what makes each person unique and how everyone can be included and valued. They develop an understanding of what bullying is, how it can affect others, and who they can talk to if they need help. Across the six Pieces, children practise making new friends, giving and receiving compliments, and showing kindness and courage by supporting others. They learn to respect and celebrate differences. By the end of the Puzzle, children recognise that everyone is unique and deserves to be treated with kindness, respect and inclusion, celebrating this through a shared class display.	In this Puzzle, children explore similarities and differences, considering how assumptions and stereotypes can form and why it is important to treat everyone with respect. They develop an understanding of bullying, its impact, and how to seek help. Across the six Pieces, children practise standing up for themselves and others, solving problems positively, and celebrating diversity in families, cultures and abilities. They also reflect on what it means to belong and be a good friend. By the end of the Puzzle, children understand the importance of respecting and valuing differences, recognising that everyone has unique strengths and qualities.	In this Puzzle, children explore different types of families and the importance of positive relationships. They learn strategies for managing disagreements calmly and develop an understanding of bullying, including the role of a witness and how they can make a positive difference. Across the six Pieces, children use kind and respectful language, challenge stereotypes, support those who feel excluded, and practise giving and receiving compliments. They reflect on how their words and actions can affect others. By the end of the Puzzle, children understand the importance of celebrating diversity, showing empathy and contributing to positive, respectful relationships.	In this Puzzle, children explore how first impressions and appearance can influence assumptions, learning to value others for who they are and challenge stereotypes. They deepen their understanding of bullying, including the roles of bystanders and witnesses, and are introduced to protected characteristics, including age, disability, race and sex. Across the six Pieces, children reflect on what makes them unique, celebrate diversity, and develop kindness, respect and empathy. They also learn strategies for seeking help, solving problems safely and recognising how opinions can change as people get to know one another. By the end of the Puzzle, children understand the importance of challenging prejudice, celebrating individuality and creating an inclusive community where everyone feels valued.	In this Puzzle, children explore cultural similarities and differences, reflect on their own identities, and consider how assumptions and stereotypes can lead to prejudice and discrimination. They develop their understanding of racism and different forms of bullying, including rumours, name-calling and cyberbullying. Across the six Pieces, children develop strategies for problem-solving, managing feelings and supporting others who experience bullying. They also explore global diversity, considering how wealth and happiness are not the same, and develop empathy and respect for different communities. By the end of the Puzzle, children understand the importance of celebrating diversity, challenging discrimination and promoting fairness, respect and inclusion within their communities.	In this Puzzle, children explore the meaning of diversity and inclusion, developing empathy for people whose experiences may be different from their own. They examine prejudice, discrimination and protected characteristics, reflecting on the importance of equality and respect. Across the six Pieces, children explore power imbalances, why bullying may occur, and strategies for managing feelings and resolving conflict safely. They also learn about inspirational individuals, including disabled athletes, and consider the qualities of perseverance and achievement. By the end of the Puzzle, children understand the importance of challenging prejudice, celebrating diversity, and promoting equality, empathy and inclusion within their school and wider community.

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Dreams and Goals Puzzle – Spring 1

Dreams and Goals helps children develop resilience, motivation and ambition by encouraging them to set goals, embrace challenges and learn from success and disappointment. Pupils explore wants and needs, jobs and careers, teamwork and enterprise, while developing an understanding of how they can make a positive contribution to their communities. Financial education is woven throughout, helping children make sense of money, spending and future aspirations. As they progress, pupils also consider how opportunities and barriers can differ for people around the world, fostering empathy, aspiration and a growth mindset.

Puzzle overview	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dreams and Goals	Dreams and Goals helps children develop resilience, motivation and ambition by encouraging them to set goals, embrace challenges and learn from success and disappointment. Pupils explore aspirations, teamwork, enterprise, jobs and careers, while developing an understanding of how they can make a positive contribution to their communities. Financial education is embedded throughout, helping children understand money, spending and future choices. As they progress, they also consider how opportunities and barriers can differ for people around the world, fostering empathy, aspiration and a growth mindset.	In this Puzzle, children explore what success means to them, set simple goals and recognise their own strengths. They learn to break goals into manageable steps, embrace new challenges and understand that learning often involves perseverance. Across the six Pieces, children work collaboratively, celebrate achievements and reflect on how resilience and a positive attitude help them overcome obstacles. They also learn how to encourage and support others in achieving their goals. By the end of the Puzzle, children understand that effort, perseverance and a growth mindset help them achieve their goals and continue to learn with confidence.	In this Puzzle, children learn to set realistic goals, recognise their strengths and reflect on their achievements. They explore how healthy choices, motivation and perseverance support success, and how working with others can help them reach their goals. Across the six Pieces, children develop teamwork and problem-solving skills through group challenges. They explore ways to manage feelings, support wellbeing and celebrate success with pride and courtesy. By the end of the Puzzle, children understand the importance of effort, cooperation and resilience, celebrating their achievements through a shared Garden of Dreams and Goals display.	In this Puzzle, children learn to set realistic goals, recognise their strengths and reflect on their achievements. They explore how healthy choices, motivation and perseverance support success, and how working with others can help them reach their goals. Across the six Pieces, children develop teamwork and problem-solving skills through group challenges. They explore ways to manage feelings, support wellbeing and celebrate success with pride and courtesy. By the end of the Puzzle, children understand the importance of effort, cooperation and resilience, celebrating their achievements through a shared Garden of Dreams and Goals display.	In this Puzzle, children explore their hopes and dreams, recognising that emotions such as excitement, anxiety and disappointment can be part of working towards goals. They develop resilience by exploring setbacks, coping strategies and the importance of support from others. Across the six Pieces, children practise setting achievable goals, adapting plans and working collaboratively through challenges. They reflect on how perseverance, positive attitudes and self-belief help themselves and others succeed. By the end of the Puzzle, children celebrate their shared achievements through a contribution to the Garden of Dreams and Goals, recognising the value of effort, wellbeing and teamwork.	In this Puzzle, children explore the lifestyles they may aspire to as adults and consider how money, careers and personal values can influence future choices. They investigate different jobs, evaluate information online and reflect on how aspirations can develop and change over time. Across the six Pieces, children compare aspirations with those of young people in different cultures, exploring rights, opportunities and barriers. They also consider how teamwork, fundraising and community action can help support others. By the end of the Puzzle, children understand the importance of motivation, empathy and responsibility as they work together to promote positive change through the Garden of Dreams and Goals whole-school outcome.	In this Puzzle, children set ambitious but realistic learning goals, identifying steps towards success while reflecting on their strengths, motivation and perseverance. They explore global issues that are important to them and consider how these can impact people's lives. Across the six Pieces, children work collaboratively to plan fundraising and awareness projects, developing leadership, empathy and teamwork skills while exploring how they can make a positive difference. By the end of the Puzzle, children celebrate their achievements and recognise the contributions of others through shared planning for a school event, contributing to the Garden of Dreams and Goals whole-school outcome.

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Healthy Me Puzzle – Spring 2

Healthy Me supports children in understanding how everyday choices affect both their physical and emotional health. Children explore balanced diets, exercise, sleep, hygiene, dental health, sun safety and first aid, alongside age-appropriate learning about medicines, substances, alcohol, tobacco, vaping and drugs. Alongside physical health, the Puzzle develops children's understanding of emotional wellbeing, including friendships, peer pressure, body image, relationships with food and strategies for managing stress and anxiety. Safety education is embedded throughout, with the Safety STAR framework (Stop, Think, Assess, React) supporting children to identify hazards and manage risk in different situations, including road, water, fire and rail safety. This Puzzle provides broad coverage of RSHE Health Education statutory guidance while ensuring learning is rooted in emotional and social development. Children build confidence, self-respect and the ability to make informed, healthy choices. Additional stand-alone lessons from relevant organisations may be used alongside Jigsaw where appropriate.

Puzzle overview	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy Me	In this Puzzle, children learn about their bodies and how to care for themselves. They explore healthy eating, the importance of sleep, and everyday habits that support their wellbeing, including good hygiene and hand washing. Children also develop their understanding of personal safety by identifying trusted adults and learning what to do if they feel worried, unsafe or are approached by someone they do not know.	In this Puzzle, children explore what it means to be healthy, including how food, exercise, sleep and everyday choices support their bodies and minds. They develop their understanding of hygiene, germs and ways to stay clean and safe. Across the six Pieces, children learn about medicine safety, road safety and recognising when they feel worried or unwell. They explore who can support them and reflect on how healthy choices can help them feel positive about themselves. By the end of the Puzzle, children share their ideas for staying clean and healthy through the whole-school *Happy, Healthy Me Recipe Book*.	In this Puzzle, children explore healthy eating, balanced diets and making nutritious choices. They learn how to stay safe at home and outdoors by recognising risks, identifying hazards and understanding how to respond when something feels unsafe. Across the six Pieces, children develop their understanding of medicine safety and ways to care for their bodies. They reflect on feelings linked to safety and practise making calm, responsible choices that support their wellbeing. By the end of the Puzzle, children share practical ideas for staying healthy and safe through the whole-school *Happy, Healthy Me Recipe Book*.	In this Puzzle, children explore how exercise and food affect their bodies, including energy, fitness and making balanced choices. They consider attitudes towards drugs and reflect on how choices can affect their health and wellbeing. Across the six Pieces, children learn how to keep themselves safe, recognise risks, particularly around water, and understand who to contact and what to do in an emergency. They practise identifying safe and unsafe situations, managing worried feelings and taking responsibility for their own safety and the safety of others. By the end of the Puzzle, children contribute ideas for staying safe and healthy to the whole-school *Healthy Me Recipe Book*.	In this Puzzle, children explore friendships, group dynamics and the emotions linked to belonging, trust and feeling included. They consider how peer influence can affect choices and learn ways to stay safe with friends, including around railways. Across the six Pieces, children learn key facts about smoking, vaping and alcohol, while developing skills to recognise pressure, manage uncomfortable feelings and respond assertively. They reflect on the qualities of healthy friendships and how to make safe choices. By the end of the Puzzle, children celebrate their inner strength and confidence by sharing ideas about healthy friendships in the whole-school *Happy, Healthy Me Recipe Book*.	In this Puzzle, children learn about the health risks linked to smoking, vaping and alcohol, developing confidence to make informed choices and respond to pressure. They also explore basic emergency aid skills, including staying calm and knowing how to seek help. Across the six Pieces, children consider body image, the influence of media and advertising, and their relationship with food. They learn to value and respect their bodies while exploring choices that support a healthy lifestyle. By the end of the Puzzle, children contribute ideas about positive body image to the whole-school *Happy, Healthy Me Recipe Book*.	In this Puzzle, children take responsibility for their physical and emotional wellbeing by exploring how choices, prevention and healthy habits support long-term health. They develop their understanding of different types of drugs, their effects and safer ways to manage life's challenges. Across the six Pieces, children explore exploitation, the impact of pressure on decision-making, and how to seek help when needed. They develop an understanding of emotional and mental health, recognise signs of stress and practise strategies for managing pressure. By the end of the Puzzle, children create a *Healthy Body, Healthy Mind* contribution to the *Healthy Me Recipe Book*, celebrating resilience, wellbeing and positive choices.

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Relationships Puzzle – Summer 1

Relationships is where RSHE Relationships Education is most fully explored. Children learn about the different relationships in their lives, including families, friendships and communities, developing an understanding of what makes relationships healthy, safe and respectful. As they grow, they explore early ideas about romantic relationships and the importance of trust, communication and respect.
Children develop skills for managing disagreements, negotiating, compromising and repairing relationships, while learning to recognise when a relationship feels unhealthy or unsafe and where to seek support. Digital literacy and online safety are woven throughout, including screen time, social media, online friendships, privacy, harmful content and responding safely to concerns online. This Puzzle also provides opportunities to explore love, loss and bereavement.

Puzzle Overview	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	In this Puzzle, children explore the important relationships in their lives, including families and friendships. They learn about different roles within families, what makes a good friend and simple strategies for resolving disagreements and repairing friendships. Children also practise Jigsaw's Calm Me strategies and explore how these can help them manage feelings such as upset or anger.	In this Puzzle, children explore families, friendships and what it means to belong, including ways to help others feel included. They learn how to build friendships, solve problems and recognise when to seek help or support. Across the six Pieces, children practise appropriate ways to greet others, identify trusted people in their school community and develop confidence in asking for support when they feel upset. They also recognise their own qualities and learn to celebrate themselves and others. By the end of the Puzzle, children celebrate the important people in their lives through a Relationship Fiesta, contributing their balloons and labels from Piece 6.	In this Puzzle, children explore different types of families and understand the importance of care, cooperation and respect in relationships. They learn about safe and unsafe physical contact and practise expressing what feels comfortable for them. Across the six Pieces, children develop skills for managing friendship conflicts, recognising the difference between good and worrying secrets, and identifying trusted adults who can support them. They reflect on trust, honesty and appreciation in positive relationships. By the end of the Puzzle, children celebrate the important people in their lives by contributing their compliment bunting to the Relationship Fiesta Puzzle Outcome.	In this Puzzle, children explore family roles and responsibilities and develop skills for building positive friendships, including resolving conflicts and negotiating fairly. They begin to develop online safety awareness and think critically about information shared through media and digital platforms. Across the six Pieces, children explore global connections, rights and wellbeing, developing empathy for different cultures and understanding how relationships connect people around the world. By the end of the Puzzle, children celebrate their relationships by creating Appreciation Streamers, recognising the importance of respect, kindness and belonging within families and friendship groups.	In this Puzzle, children explore emotions such as jealousy, love and loss, learning how memories can help us stay connected to people we no longer see. They develop strategies for managing difficult feelings and supporting others through change. Across the six Pieces, children practise negotiating, compromising and repairing friendships, while reflecting on the qualities of healthy relationships. They explore early ideas about romantic relationships and learn the importance of respect, choice and not feeling pressured. By the end of the Puzzle, children celebrate meaningful relationships with people and animals through a Memory Box outcome, recognising care, appreciation and connection.	In this Puzzle, children develop a strong sense of self by reflecting on their qualities, interests and self-esteem. They explore how relationships can form online and consider the benefits and risks of digital communities. Across the six Pieces, children learn how to use technology safely and responsibly, including gaming and the internet. They explore balancing screen time, protecting personal information, recognising unsafe situations and responding assertively online. They also learn how to seek help if something online worries them. By the end of the Puzzle, children create an Internet Safety poster, demonstrating how to stay happy, safe and respectful when using technology and building online relationships.	In this Puzzle, children explore mental health, recognising stress, anxiety and early warning signs, and learning how to seek support for themselves and others. They consider love and loss, developing an understanding of grief and strategies for managing strong emotions. Across the six Pieces, children explore power and control in relationships, practise assertive responses and develop online safety skills, including recognising unreliable information, protecting privacy and responding to pressure. By the end of the Puzzle, children create an Internet Safety presentation, demonstrating how to use technology responsibly while protecting their wellbeing, privacy and relationships.

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Changing Me Puzzle – Summer 2

Changing Me supports children in understanding and managing the physical and emotional changes that come with growing up. From exploring life cycles in the early years to learning about puberty, reproduction and transition to secondary school, children develop accurate, age-appropriate knowledge and the vocabulary to talk confidently about change. The Puzzle explores self-image, body confidence and challenging negative body-talk, alongside the importance of using correct anatomical vocabulary, understanding privacy and consent, and recognising appropriate and inappropriate contact. Children also consider changes in relationships, families and circumstances, developing strategies for coping with change and seeking support when needed.

Note on Sex Education: Please refer to your school's policy on Sex Education.

Puzzle Overview	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Changing Me	In this Puzzle, children reflect on how they have changed since being a baby and consider how they may continue to change as they grow. They consolidate their understanding of key body parts and functions, recognising that our bodies change in many ways over time. Children explore the feelings that can come with change, both positive and challenging, and learn that sharing these feelings can help. They also consider how memories can support them in managing and understanding change.	In this Puzzle, children explore life cycles and the changes that happen as humans and animals grow. They reflect on how their own bodies have changed and develop an understanding that everyone grows and develops at different rates. Across the six Pieces, children learn the correct names for private body parts, explore physical differences and develop respect for their own bodies and those of others. They also consider feelings linked to change, including excitement and worry, and learn strategies for managing these emotions. By the end of the Puzzle, children contribute their Flowers of Change work to the whole-school Tree of Change display, celebrating growth, learning and new beginnings.	In this Puzzle, children explore life cycles in nature and how humans grow and change over time. They recognise that some changes are outside their control and reflect on how their bodies, independence and experiences develop as they grow. Across the six Pieces, children learn the correct names for body parts, understand privacy and practise being assertive about touch and personal boundaries. They explore feelings linked to change, including excitement and worry, and develop strategies for managing these emotions. By the end of the Puzzle, children create Leaf Mobiles to celebrate growth, change and looking ahead.	In this Puzzle, children explore how babies grow and the physical changes that happen as people develop, including some changes associated with puberty. They develop an understanding of personal hygiene and why caring for their bodies becomes increasingly important as they grow. Across the six Pieces, children reflect on their feelings about change, build on their knowledge of correct body vocabulary, challenge family stereotypes and identify trusted people they can talk to if they feel worried. They also explore future transitions and strategies for coping with change. By the end of the Puzzle, children create Ribbon Mobiles to celebrate growth, change and looking ahead.	In this Puzzle, children explore identity and what makes them unique, while learning about the physical and emotional changes that happen as they grow up. They consider the importance of families, trusted adults and support networks in providing care and guidance. Across the six Pieces, children develop strategies for managing worries, coping with change and accepting things that are outside their control. They reflect on personal goals and positive changes they would like to make. By the end of the Puzzle, children use Circles of Change to explore future transitions and celebrate growth, resilience and self-awareness.	In this Puzzle, children explore self-image, body confidence and how media can influence perceptions of appearance and wellbeing. In a separate Summer Term session, they learn about the physical and emotional changes associated with puberty, including menstruation and changes experienced by boys and girls. By the end of the Puzzle, children reflect on upcoming transitions using Circles of Change and develop confidence and resilience in managing feelings linked to future changes.	In this Puzzle, children explore self-image, self-esteem and the physical and emotional changes associated with puberty. They reflect on identity, independence and developing a positive sense of self. Across the six Pieces, children explore friendships, pressures linked to appearance, challenging negative self-talk and identifying trusted adults for support. They also develop understanding of attraction, consent and respectful relationships. This module includes a non-statutory Sex Education lesson covering reproduction, pregnancy and birth, where parents/carers have the right to withdraw their child. By the end of the Puzzle, children reflect on their transition to secondary school using Circles of Change, considering worries, hopes and how to approach the next stage confidently.

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