



## Jigsaw knowledge and skills progression: Dreams & Goals - Ages 10-11

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. The table below draws out the spiral knowledge and skills progression within the Dreams and Goals Puzzle (unit of work) including the key vocabulary used in each year group and suggestions for Family Learning.

DG	Knowledge	Social and Emotional Skills	Questions for Family Learning
<b>Ages 10-11</b>	<ul style="list-style-type: none"> <li>• Know their own learning strengths</li> <li>• Know how to set realistic and challenging goals</li> <li>• Know what the learning steps are they need to take to achieve their goal</li> <li>• Know a variety of problems that the world is facing</li> <li>• Know how to work with other people to make the world a better place</li> <li>• Know some ways in which they could work with others to make the world a better place</li> <li>• Know what their classmates like and admire about them</li> </ul>	<ul style="list-style-type: none"> <li>• Understand why it is important to stretch the boundaries of their current learning</li> <li>• Set success criteria so that they know when they have achieved their goal</li> <li>• Recognise the emotions they experience when they consider people in the world who are suffering or living in difficult circumstances</li> <li>• Empathise with people who are suffering or living in difficult situations</li> <li>• Be able to give praise and compliments to other people when they recognise that person's achievements</li> </ul>	<ul style="list-style-type: none"> <li>• What are your learning strengths?</li> <li>• What goal have you set at school?</li> <li>• What goal have you set for home?</li> <li>• How can I help you achieve your goals?</li> <li>• What problems in the world are you worried about? Is there anything we can do to help?</li> <li>• What do you think your classmates admire and like about you?</li> <li>• What do you think your family admire and like about you?</li> <li>• What do you admire about other people?</li> <li>• Do you have any role models?</li> <li>• Does calm Me time help you regulate your emotions?</li> </ul>
	<p>In this Puzzle the class talk about their own strengths and further stretching themselves by setting challenging and realistic goals. They discuss the learning steps they'll need to take as well as talking about how to stay motivated. The children explore various global issues and explore places where people may be suffering or living in difficult situations – whilst doing this they reflect on their own emotions linked to this learning. The class also talk about what they think their classmates like and admire about them as well as working on giving others praise and compliments.</p>		
	<p><b>Key Vocabulary</b></p> <p>Dream, Hope, Goal, Learning, strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, Feeling, Success, Criteria, Learning steps, Money, Global issue, Suffering, Concern, Hardship, Sponsorship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition.</p>		