

## Relationship and Health Jigsaw Key Concepts

Concept	Concept overview	
Being Me in My World	This concept is all about 'Who am I and how do I fit?'. This focuses on understanding their place, roles and responsibilities within the class, school and wider community.	
Celebrating difference	This concept is all about respect for similarity and difference. This focuses on Anti-bullying and being unique. Also includes identifying and respecting similarities and differences between themselves and other and recognising and dealing with bullying (including online).	
Dreams and Goals	This concept is all about Aspiration, how to achieve goals and understanding the emotions that go with this. This focuses on including individual and team goal-setting, developing determination and resilience and having aspirations.	
Health Me	This concept is all about being and keeping safe and healthy. This focuses on how to look after their physical and mental health (including age- appropriate drugs and alcohol education for KS2) by making healthy lifestyle choices as well as developing self-esteem and confidence.	
Relationship	This concept is all building positive, healthy relationships. This focuses on understanding friendship, family and other relationships and developing conflict resolution and communication skills to support effective relationships. Also includes personal boundaries in relationships including acceptable and unacceptable touch.	
Changing Me	This concept is all coping positively with change. This focuses on changes they have experienced as they have got older, will experience as they grow and work to support transition between year groups/schools.	
What Concept?	Which Year Group?	Where in the Curriculum?
Being Me in My World	Year R Year 1 Year 2 Year 3 Year 4	Autumn Term 1
Celebrating difference	Year R Year 1 Year 2 Year 3 Year 4	Autumn Term 2
Dreams and Goals	Year R Year 1 Year 2 Year 3 Year 4	Spring Term 1
Health Me	Year R Year 1 Year 2	Spring Term 2

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	Year 3 Year 4	
Relationship	Year R Year 1 Year 2 Year 3 Year 4	Summer Term 1
Changing Me	Year R Year 1 Year 2 Year 3 Year 4	Summer Term 2