

Jigsaw PSHE is a progressive scheme of learning where knowledge and skills build year on year across the programme. The table below shows how the **Being Me in My World** Puzzle (unit of work) develops in this year group, including some of the key vocabulary. Schools may adapt content to fit their policy, so please check with your child's school for specific details.

Ages 9-10	Puzzle overview: Being Me in My World	
	<p>In this Puzzle, children look ahead to the year, setting personal goals and reflecting on what they value about their school community. They explore leadership, motivation and how to approach challenges positively. Across the six Pieces, children learn about rights and responsibilities as citizens and develop empathy for people whose lives are different from their own. They consider fairness, privilege and disadvantage, and how choices affect themselves and others. Children examine how rewards and consequences influence behaviour and work together to create and follow their Learning Charter, focusing on cooperation and having a voice. By the end of the Puzzle, children understand how democracy and shared expectations support a positive school community, with the whole-school Learning Charter as the shared outcome.</p>	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I can face new challenges positively and know how to set personal goals • I know how to use my Jigsaw Journal • I understand my rights and responsibilities as a citizen of my country • I understand my rights and responsibilities as a citizen of my country and as a member of my school • I can make choices about my own behaviour because I understand how rewards and consequences feel • I understand how an individual's behaviour can impact on a group • I understand how democracy and having a voice benefits the school community and know how to participate in this 	<ul style="list-style-type: none"> • I know what I value most about my school and can identify my hopes for this school year • I can empathise with people in this country whose lives are different to my own • I understand that my actions affect me and others • I can contribute to the group and understand how we can function best as a whole • I understand why our school community benefits from a Learning Charter and can help others to follow it
	Vocabulary	
<p>appreciation, asylum, challenge, choices, citizen, collaboration, cooperation, conflict, consequences, courtesy, deprive, denied, education, empathise, goals, hopes, leadership, learning charter, manners, migrant, motivation, opportunities, participation, persecution, poverty, prejudice, privilege, refugee, responsibilities, rewards, rights, self-respect, vision, wealth</p>		

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support ‘Being Me in My World’ learning at home			
Ages 9-10	Goals, hopes and motivation <ul style="list-style-type: none"> • What are your goals for this year? • What are you most looking forward to? • What helps you stay motivated when something feels challenging? 	Empathy, fairness and understanding others <ul style="list-style-type: none"> • How can you show empathy towards someone whose life is different from yours? • What does fairness mean to you? Why might some people have different opportunities to others? 	Leadership, teamwork and contribution <ul style="list-style-type: none"> • What does being a good leader mean? • How can you work well as part of a team? • How does your behaviour affect a group you are part of?
	Rights, responsibilities and citizenship <ul style="list-style-type: none"> • What rights do you have as a child and as a citizen? • What responsibilities come with those rights? • Why is it important to take responsibility in your school and community? 	Self, values and communities <ul style="list-style-type: none"> • What communities are you part of (e.g. school, clubs, sports, local groups)? What do you enjoy about them? • What makes a community feel safe, happy, and welcoming? How can you play a part in your communities and support others? 	Democracy, choices and behaviour <ul style="list-style-type: none"> • What does it mean to have a voice in your school? • How can you take part in decisions that affect others? • How do rewards and consequences influence people’s behaviour?
Resources and additional support for Families			
<ul style="list-style-type: none"> • BBC Bitesize (KS2 PSHE and Citizenship) – short videos and activities to support understanding of democracy, rights, responsibilities and community • Influential Black Britons illustrated book - Parliament UK Education • BookTrust – high-quality book recommendations by age and topic, including empathy, fairness, diversity and belonging • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Being Me in My World theme. 			
School-based and local resources (editable box for teachers):			
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