

EYFS PSHE Map (Jigsaw) at Swalwell Primary School

Nursery (3-4 Years - Informed by Birth-5 Matters)

Jigsaw Unit	Personal, Social & Emotional Development	Physical Development	Communication & Language	Understanding the World
Being Me in My World	Develops a sense of belonging within the nursery community. Begins to understand routines and boundaries.	Begins to manage personal needs and follow safety routines.	Communicates needs and feelings to familiar adults and peers.	Recognises themselves as part of a family and nursery group.
Celebrating Difference	Notices similarities and differences between people. Shows awareness of others' feelings.	Develops awareness of personal space and boundaries.	Talks about self, family and experiences.	Recognises that people and families are different.
Dreams and Goals	Shows confidence in selecting activities. Begins to persevere when challenges arise.	Develops coordination and independence through self-chosen activities.	Talks about interests, achievements and aspirations.	Recognises different jobs and roles people have.
Healthy Me	Begins to understand healthy choices and self-care routines.	Learns basic hygiene, handwashing and healthy habits.	Talks about foods, exercise and physical needs.	Explores routines which help keep people healthy.
Relationships	Develops positive relationships with adults and peers. Begins to share and take turns.	Participates in cooperative play and group activities.	Uses language to build friendships and express needs.	Recognises important people in their lives.
Changing Me	Develops awareness of growth, change and increasing independence.	Notices changes in own body and developing skills.	Talks about changes they have experienced.	Understands that living things grow and change over time.

Reception (4-5 Years - Informed by Birth-5 Matters)

Jigsaw Unit	Personal, Social & Emotional Development	Physical Development	Communication & Language	Understanding the World
Being Me in My World	Understands class rules and responsibilities. Develops independence and confidence.	Manages personal hygiene and self-care independently.	Explains thoughts and feelings and listens to others.	Develops an understanding of membership of belonging to school, family and wider communities.
Celebrating Difference	Shows empathy and respect for others. Builds positive friendships.	Respects personal boundaries and works cooperatively.	Discusses similarities, differences and feelings.	Understands that communities are diverse and values differences.
Dreams and Goals	Demonstrates resilience and perseverance when facing difficulty.	Uses tools and equipment safely to achieve goals.	Explains plans and reflects on achievements.	Understands that people work towards different goals and ambitions.
Healthy Me	Recognises the importance of healthy lifestyles and wellbeing.	Independently manages personal hygiene and understands healthy choices.	Discusses healthy habits and how they keep us well.	Understands ways to stay healthy and safe in everyday life.
Relationships	Maintains friendships and works cooperatively with others. Shows sensitivity to others' feelings.	Works successfully as part of a team and respects boundaries.	Uses language to negotiate and resolve disagreements.	Understands different relationships including family, friends and community members.
Changing Me	Shows confidence in moving into new situations and transitions.	Recognises how their body has developed and what helps them stay healthy.	Discusses changes and asks questions appropriately.	Understands that people grow, develop and experience change throughout life.

Early Learning Goals

Jigsaw Unit	EYFS Strand	Relevant Early Learning Goals
Being Me in My World	PSED	Self-Regulation - Show an understanding of their own feelings and those of others and regulate behaviour accordingly. Managing Self - Be confident to try new activities, show independence, resilience and perseverance. Building Relationships - Work and play cooperatively and take turns with others.
Celebrating Difference	PSED / UW	Building Relationships - Form positive attachments to adults and friendships with peers; show sensitivity to their own and others' needs. People, Culture and Communities - Describe their immediate environment and understand similarities and differences between people and communities.
Dreams and Goals	PSED	Managing Self - Show independence, resilience and perseverance in the face of challenge. Self-Regulation - Give focused attention to what the teacher says and follow instructions involving several ideas or actions.
Healthy Me	PSED / PD	Managing Self - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
Relationships	PSED	Building Relationships - Work and play cooperatively and take turns with others; form positive relationships and show sensitivity to others' needs. Self-Regulation - Understand feelings and manage behaviour appropriately.
Changing Me	PSED / UW	Managing Self - Show confidence and adaptability in new situations. Past and Present - Talk about the lives of people around them and understand the past through settings, characters and events encountered in books and storytelling. People, Culture and Communities - Understand changes and development within their own lives and experiences

Characteristics of Effective Teaching and Learning

Jigsaw Unit	Playing and Exploring	Active Learning	Creating and Thinking Critically
Being Me in My World	Explore classroom environments, routines and responsibilities. Investigate resources independently and make choices.	Persist with new routines and expectations. Celebrate achievements and contributions to the class community.	Suggest ideas for class rules, solve simple problems and make decisions about behaviour and responsibilities.
Celebrating Difference	Explore similarities and differences through play, stories and interactions. Show curiosity about others.	Engage positively with collaborative activities and friendships. Continue working through social challenges.	Consider different perspectives, make connections between experiences and develop empathy for others.
Dreams and Goals	Explore new challenges and activities. Have a go at unfamiliar tasks.	Show determination when completing tasks and achieving goals. Enjoy success and reflect on achievements.	Plan approaches to challenges, adapt strategies when something doesn't work and reflect on what helped them succeed.
Healthy Me	Investigate healthy foods, exercise and self-care routines through play.	Sustain engagement in activities that promote health and wellbeing.	Make links between choices and consequences, such as understanding how healthy habits help our bodies.
Relationships	Explore friendships, family roles and social situations through role play and discussion.	Maintain concentration during cooperative activities and work through disagreements constructively.	Develop strategies for resolving conflicts, negotiating and maintaining positive relationships.
Changing Me	Explore growth and change through stories, discussions and investigations.	Engage with new experiences and transitions confidently. Persist when adapting to change.	Reflect on past and present experiences, make connections and develop strategies for managing change.

The Nursery and Reception statements are informed by Birth to 5 Matters and mapped against the EYFS Statutory Framework. The Early Learning Goals provide the statutory end points for learning at the end of Reception.