



Jigsaw knowledge and skills progression: Dreams & Goals - Ages 5-6

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
Ages 5-6	- Know how to set simple goals - Know how to achieve a goal - Know how to work well with a partner - Know that tackling a challenge can stretch their learning - Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them - Know when a goal has been achieved	- Recognise things that they do well - Explain how they learn best - Celebrate an achievement with a friend - Recognise their own feelings when faced with a challenge - Recognise their own feelings when they are faced with an obstacle - Recognise how they feel when they overcome an obstacle - Can store feelings of success so that they can be used in the future	- What goals have you set at school? - What goal would you like to set for home? - What do you need to do achieve your goal? - How do you feel when something is difficult? - How do you feel when you have achieved a goal? - How can we celebrate your achievements together? - How does Jigsaw Jack help you in lessons? - Can you tell me about Calm Me time?
	In this Puzzle the class talk about setting simple goals, how to achieve them as well as overcoming difficulties when they try. The children learn to recognise the feelings associated with facing obstacles to achieving their goals as well as when they achieve them. They discuss partner working and how to do this well.		
	Key Vocabulary Proud, Success, Achievement, Goal, Treasure, Coins, Goal, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve, Dreams, Goals.		