



Jigsaw knowledge and skills progression: Relationships - Ages 11-12

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 Relationships Puzzle (unit of work) including the key vocabulary used in each year group and suggestions for Family Learning.

RL	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 11-12	<ul style="list-style-type: none"> Know the characteristics and benefits of positive, strong, supportive, equal relationships Know that the support we need may come from different sources as we grow and change Know the value of different qualities that people bring to social groups Know that media portrayal of relationships and choices may not reflect real life Recognise when to use assertiveness techniques in some of my relationships Recognise the roles that are played in many families and understand the role that I play Know that changes take place in families, including loss, separation, divorce and bereavement 	<ul style="list-style-type: none"> Can describe the range of positive qualities people bring to relationships Understand that the way I think affects the way I feel, and that the way I feel can affect the way I think, and know that my thoughts and feelings influence my behaviour Achieve an appropriate level of independence from others, where I follow my own course whilst maintaining positive relationships with others Reflect on how my emotions and feelings can change regularly and how others can all feel the same range of emotions Understand that people do not always respond in the same way to similar situations, and they may express their feelings in different ways Recognise authenticity in relationships Understand that a 'win-win' situation can be the best outcome for all Be assertive when appropriate Understand my rights and responsibilities as an individual who belongs to many different social groups. Understand the feelings associated with my role in my family 	<ul style="list-style-type: none"> How can mindfulness help you with your relationships with others? Can you think of a time when things outside your control affected the way you behaved in a friendship? Did you learn anything that might help you in the future? Who are you connected to? Are you connected in the same way? How do you think your relationships with your family change as you get older? What about with your friends? How do you feel about this? What are you looking forward to as you become more independent? What qualities do you bring to your relationships? What qualities do you value in your friends and family? Who can you talk to if you are having problems in one of your relationships? Why do you need to be careful with what you see and read online? How could you help other people understand if something was authentic/true or not? What could you do to ensure a 'win-win' situation? What can you do when things change in a relationship?
<p>In this Puzzle, children explore the different types of relationships they have with different people, and consider the qualities that they and others bring to these. They reflect on how their relationships with different friends and family members may change as they grow and how their emotions and experiences can affect how they manage different situations. They will explore different ways that their own feelings may change and how this could affect them. The Puzzle also explores when it is good to be assertive, and how they can express their feelings in a way that is constructive and reflects their role and/or responsibilities as they grow. Online relationships are also discussed, and how it is important to be discerning when looking at any content online.</p>			
<p>Key Vocabulary Relationships, Equality, Qualities, Independence, Relationship factors, Hierarchy, Choice, Authenticity, Media portrayal, Discernment, Perceptive, Reality, Assertiveness, 'Win-win' situation, Rights, Responsibilities, Compromise, Consent, Change, Disruption.</p>			
Notes for	School		