**St Breock Emotional, Health and Well Being Overview**

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|  | **Jigsaw Theme****Fundamental British Values****Toolkit for Learning, Love & Laughter****Physical Skill - KS2** | **Wk1****Celebrating people who….** | **Wk2** **Celebrating people who….** | **Wk3****Celebrating people who….** | **Wk4****Celebrating people who….** | **Wk5****Celebrating people who….** | **Wk6** **Celebrating people who….** |
| **H****E****L****P****I****N****G****H****A****N****D****S** | **Aut 1**Being Me in My WorldDeterminationMutual RespectPassing & Moving | HelpOthers to feel welcome | Try to make our school community a better place | Think about everyone’s right to learn  | Care about others feelings | Work well with others | Choose to follow the learning charter |
| **Aut 2**Celebrating differencesEqualityRule of LawAttacking & Defending | Accept that everyone is different | Include others when working and playing | Know how to help if someone is unhappy | Try to solve problems | Try to use kind words | Know how to give and receive compliments |
| **Spr 1**Dreams and GoalsInspirationIndividual LibertyFlexibility, control & balance | Stay motivated when doing something challenging | Keep trying even when it is difficult | Work well with a partner or in a group | Have a positive attitude | Help others to achieve their goals | Are working hard to achieve their own dreams and goals |
| **Spr 2**Healthy meExcellenceToleranceStrength & technique | Have made a healthy choice | Have eaten a healthy balanced diet | Have been physically active | Have tried to keep themselves and others safe | Know how to be a good friend and enjoy healthy friendships | Know how to keep calm and deal with difficult situations |
| **Summer 1**RelationshipsFriendshipDemocracyStriking & Fielding | Know how to make friends | Try to solve friendship problems when the occur | Help others to feel part of a group | Show respect in how they treat others | Know how to help themselves or others when the feel upset or hurt | Know and show what makes a good relationship |
| **Summer 2**Changing meCourageDemocracyPersonal best | Understand that everyone is unique and special | Can express how they feel when change happens | Understand and respect the changes that they see in themselves | Understand and respect the changes that they see in other people | Know who to ask for help if they are worried about change  | Looking forward to change |