

## Language Progression and glossary of terms used in Jigsaw Programme

### EYFS

#### Being me in my world

- **Responsibility** – taking control of their own actions

#### Celebrating difference

- **Family** - a group of one or more parents and their children living together as a unit.
- **Talent** – a natural skill
- **Home** – A place someone lives all the time
- **Friend** – A person some has a mutual bond with

#### Dreams and Goals

- **Challenge** – something we may find difficult
- **Perseverance** – To keep trying to do something
- **Job** - a task to complete which may be for a reward such as money

#### Healthy Me

- **Physical activity** – when our body is moving
- **Exercise** – an activity which takes physical effort
- **Healthy food**- food which is good for you

#### Relationships

- **Friendship** – a relationship between friends
- **Falling out** - having a disagreement with someone

#### Changing Me

- **Bodies** – your physical structure
- **Fears** – something you are afraid of
- **Growth** - to grow/ get bigger
- **Fun** - something you enjoy

## Yr1

### Being me in my world

- **Special** – exceptionally good or pleasant
- **Safe** – to be protected from danger
- **Consequence** – an effect or result which is unwelcomed
- **Reward**- to receive something good
- **Community** - a group of people living in the same place or having a particular thing in common

### Celebrating difference

- **Bullying** - to repeatedly hurt or intimidate someone
- **Celebrating** – acknowledging a something positive

### Dreams and Goals

- **Success** – to do well with something
- **Achievement** – something done with success
- **Overcoming obstacles** - getting past something which was hard
- **Learning styles** – the way we learn

### Healthy Me

- **Road safety** – staying safe on the road
- **Medication**- a treatment using drugs
- **Medicine** -a drug to prevent or treat an illness

### Relationships

- **Belonging** – to be part of a group or family
- **Preferences** – liking something more than something else
- **Physical contact**-to be touched

### Changing Me

- **Life cycle** – changes that happen over a life time
- **Changes** -when something different happens
- **Male** - a boy
- **Female** - a girl

## Yr2

### Being me in my world

- **Hope** – a feeling of hope or desire of a particular thing that's going to happen
- **Fear** - something you are afraid of
- **Fair**- being equal
- **Choices** – having more than one option
- **Valuing contributions** – appreciating what people say or do

### Celebrating difference

- **Gender** – If you are a male or female
- **Gender diversity** – showing a fair representation of boys and girls
- **Assumptions** – thinking something is true without any proof
- **Stereotypes** – a fixed idea over a person or object which may not be true

### Dreams and Goals

- **Realistic** – a sensible or practical idea of what can be achieved
- **Strengths** – something you are good at
- **Cooperation** - working together
- **Contributing** - taking part to achieve a result

### Healthy Me

- **Nutrition** – food or nourishment
- **Lifestyle** – the way you live
- **Relaxation** – to do something you enjoy and makes you feel calm

### Relationships

- **Boundaries** - to limit something
- **Secrets**- something which is meant to kept unseen or unknown by others
- **Trust** -to believe someone or something is reliable or the truth
- **Appreciation** – to recognise good things about someone or something

### Changing Me

- **Life cycles (plants)** –the stages of a plants life
- **Young** – to have lived for a short amount of time
- **Old** - to have lived for a longer amount of time
- **Independence** – to be able to do it on your own or have little help

## Yr3

### Being me in my world

- **Goals** – to aim for a result
- **Self worth** –how you feel about yourself
- **Positivity** - to have an optimistic attitude
- **Challenges** - to object to something not being true
- **Perspective** – a point of view

### Celebrating difference

- **Diverse families** – a range of families from different cultures, religions or sex
- **Family conflict** - arguments in families
- **Child centred** – the end outcome is based around the child
- **Witness** – a person who sees an event
- **Solutions** – solving a problem or dealing with a difficult situation
- **Compliments** - saying something nice about someone

### Dreams and Goals

- **Budgeting** – to allow a particular amount of money for something
- **Managing feelings** –choosing how or when to express feelings
- **Ambitions** – a strong desire to achieve something
- **Enthusiasm** – to have an intense interest or enjoyment in something

### Healthy Me

- **Online safety** – being safe using the internet
- **Offline safety** – being safe when not using the internet
- **Food labelling** – a label on food which gives nutrition information or putting food into categories according to there food type
- **Healthy choices** – making the choice to have a healthy lifestyle

### Relationships

- **Roles** – a part to play
- **Impact** – something or someone having a significant effect or influence
- **Diverse lives** – having a life made up of different people, objects, things
- **Negotiation** – a discussion which comes to an agreement

### Changing Me

- **Internal** - on the inside
- **External** - on the outside
- **Needs** – something that is a necessary

## Yr4

### Being me in my world-

- **Democracy** - power of the people
- **Motivation**-a reason for acting or behaving in a particular way
- **Class** – a system of ordering society based on social or economic status
- **Citizen** - a person who lives in a particular town or city
- **Voice** – a sound coming from someone’s mouth or a particular opinion or attitude
- **Peer pressure** – influence from someone’s peer group

### Celebrating difference

- **Judgment** - a decision which has been considered
- **Appearance** – the way someone or something look or appears
- **Acceptance** – the action of consenting to receive or undertake something offered
- **Influences** - to have an effect on someone
- **Impressions** – an idea, opinion or feeling about someone

### Dreams and Goals

- **Disappointment**-a feeling of sadness or displeasure caused by a ones hopes or expectations not being fulfilled.
- **Overcoming** – succeeding with a problem or difficulty
- **Resilience** -to be able to recover quickly from a difficulty (keeping trying)
- **Positive attitude** - being optimistic about situations, interactions, and yourself.

### Healthy Me

- **Healthy** - in good physical or mental condition
- **Friendships** – a relationship between friends
- **Smoking** – emitting smoke or visible vapor
- **Alcohol** – a drink containing alcohol
- **Inner strength** – mental resistance to doubt or discouragement
- **Assertiveness** -the ability to speak up for ourselves in a way that is honest and respectful

### Relationships

- **Jealousy** - feeling of unhappiness and anger because someone has something or someone that you want:
- **Love** -an intense feeling of deep affection
- **Loss** - the fact or process of losing something or someone
- **Memories** -something remembered from the past.

- **Girlfriends** – A person's regular female companion with whom they have a romantic or sexual relationship
- **Boyfriends**- A person's regular male companion with whom they have a romantic or sexual relationship

## Changing Me

- **Being unique**- being the only one of a particular type; single; sole. without equal or like; unparalleled.
- **Body changes**- when our body changes usually for good
- **Transition** - the process or a period of changing from one state or condition to another
- **Accepting change** – seeing change as being able to try new things or improve yourself
- **Having a baby** -when a mother carries a baby inside her and then the baby is born

## Yr5

### Being me in my world-

- **Aspirations** - a hope or ambition of achieving something.
- **National citizenship** -Citizenship is gained by meeting the legal requirements of a national, state, or local government
- **Conflict** - a serious disagreement or argument
- **Vote**- a formal indication of a choice between two or more candidates or courses of action, expressed typically through a ballot or a show of hands.
- **Participation** - the action of taking part in something

### Celebrating difference

- **Cultural diversity** - the existence of a variety of cultural or ethnic groups within a society.
- **Racism**- prejudice, discrimination, or antagonism by an individual, community, or institution against a person or people on the basis of their membership of a particular racial or ethnic group, typically one that is a minority or marginalized.
- **Rumours** - a currently circulating story or report of uncertain or doubtful truth
- **Material wealth**- a large amount of money and valuable material possessions.
- **Respecting culture** - to appreciate and learn from differences and celebrate and build on similarities

### Dreams and Goals

- **Financial success** - achieving the desired outcomes for your money
- **Long-term**- occurring over or involving a relatively long period of time

- **Charity** - an organisation set up to provide help and raise money for those in need.

## Healthy Me

- **Vaping** - the action or practice of inhaling and exhaling vapor containing nicotine and flavoring produced by a device designed for this purpose.
- **Emergency aid** - help given to populations affected by unpredictable natural disasters or human conflicts
- **Body image** - a combination of the thoughts and feelings that you have about your body
- **Relationships with food** - feels in control around food, versus feeling like food has control over them
- **Healthy choices** - following a healthy eating pattern that includes a variety of nutritious foods and drinks

## Relationships

- **Self-recognition** - recognising the “self” as separate from others
- **Self-esteem** - confidence in one's own worth or abilities; self-respect.
- **Online communities** - a group of people held together by a common interest or purpose who interact with each other online.
- **Gaming** - the action or practice of playing video games
- **Gambling** - take risky action in the hope of a desired result.
- **Grooming** - the action by a paedophile of preparing a child for a meeting, especially via an internet chat room, with the intention of committing a sexual offence.

## Changing Me

- **Self-image** - the idea one has of one's abilities, appearance, and personality.
- **Media influence** - the actual force exerted by a media message, resulting in either a change or reinforcement in audience or individual beliefs.
- **Puberty** - the period during which adolescents reach sexual maturity and become capable of reproduction
- **Conception** - the action of conceiving a child or of one being conceived.
- **IVF** - a medical procedure whereby an egg is fertilized by sperm in a test tube or elsewhere outside the body.

## Yr6

### Being me in my world-

- **Global citizenship** - someone who is aware of and understands the wider world – and their place in it.
- **Children's Universal Rights** – Children and young people up to 18 years old have all the rights set out in the convention. These cover social, economic, cultural, civil and political rights.
- **Group dynamics** - the study or use of the processes involved when people in a group interact

- **Role-modelling** - a person whose behavior in a particular role is imitated by others
- **Anti-social behaviour** - behaviour by a person which causes, or is likely to cause, harassment, alarm or distress to persons not of the same household as the person'

## Celebrating difference

- **Perceptions of normality** - behavior that is consistent in a person's usual way of behaving
- **Disability** - a physical or mental condition that limits a person's movements, senses, or activities
- **Empathy** - the ability to understand and share the feelings of another
- **Inclusion** - the action or state of including or of being included within a group or structure
- **Exclusion** - the process of excluding or the state of being excluded

## Dreams and Goals

- **Success criteria** - The standards/levels by which to judge whether an objective/goal/target/outcome has been achieved/successful
- **Recognition** - identification of someone or something or person from previous encounters or knowledge
- **Evaluating** - form an idea of the amount, number, or value of; assess

## Healthy Me

- **Personal responsibility** - when you take full accountability for your actions, decisions and thoughts and more
- **Substances** - Illegal drugs or the use of prescription or over-the-counter drugs or alcohol
- **Exploitation** - Exploitation is the deliberate maltreatment, manipulation or abuse of power and control over another person.
- **County Lines** – County lines is where illegal drugs are transported from one area to another, often across police and local authority boundaries, usually by children or vulnerable people who are coerced into it by gangs. The 'county line' is the mobile phone line used to take the order of drugs.
- **Gangs** - an organised group of criminals
- **Managing stress** - the tools, strategies, or techniques that reduce stress and reduce the negative impacts stress has on your mental health

## Relationships.

- **Mental health** - Mental health includes our emotional, psychological, and social well-being
- **Sources of support** - can be natural (e.g., family and friends) or more formal (e.g., mental health specialists or community organizations. A place or person you can go to for help
- **Control** - the power to influence or direct people's behaviour or the course of



events.

- **Power**- the ability or capacity to do something or act in a particular way

## Changing Me

- **Body image** - a person's perception of their physical self and the thoughts and feelings, positive, negative or both.
- **Physical attraction**-the fact that an individual finds another person appealing
- **Consent**- permission for something to happen or agreement to do something
- **Sexting** - the action or practice of sending sexually explicit photographs or messages via mobile phone