



‘Goodness and Mercy’ Progression Outcomes Statements (Health Education) mapped to Jigsaw, the mindful approach to PSHE



This document maps the Diocese of Bristol Goodness & Mercy Health Education Progression Outcomes against Jigsaw PSHE (2026 edition) and demonstrates compliance with the Department for Education Relationships, Sex and Health Education Statutory Guidance effective from 1 September 2026. It supports Church of England schools in delivering a holistic programme of physical, emotional, relational, spiritual and digital wellbeing while promoting human dignity, flourishing and safeguarding of all children.

Strand	KS1 outcomes	Where covered in Jigsaw Pieces = Lessons	KS2 outcomes	Where covered in Jigsaw Pieces = Lessons
Physical Health and Self-Care	- Describe how to care for their body. - Explain the importance of sleep, rest and hygiene. - Identify healthy and unhealthy choices. - Understand basic sun safety. - Know basic routines that support wellbeing. - Pupils can show someone how people can clean their teeth and talk about how people can help themselves to have good sleep (Science)	Year 1 Healthy Me, Pieces 1, 2, 3, 6 Year 2 Healthy Me, Pieces 2, 6	- Explain how lifestyle choices affect health. - Understand personal hygiene during puberty. - Know how sleep affects physical and mental wellbeing. - Understand preventive health behaviours.	Year 3 Healthy Me, Piece 6 Year 5 Healthy Me, Piece 6 Year 6 Healthy Me, Pieces 1, 5 and 6 - Changing Me Piece 2 (personal hygiene) - Additional lessons on Sun Safety can be found in the Community Area.

Healthy Eating and Active Lifestyles	- Identify healthy foods and drinks. - Explain why exercise is important.	Year 1 Healthy Me, Pieces 2, 4 Year 2 Healthy Me, Pieces 4, 5 and 6	- Plan a balanced lifestyle. - Understand links between nutrition, activity and wellbeing. - Explain how physical activity supports mental health.	Year 3 Healthy Me, Pieces 1 and 2.
Change, Loss and Bereavement	- Understand that people experience change. - Recognise feelings associated with loss.	- Calm Me within every lesson. Pause Points add to this. Year 2 Healthy Me, Piece 2.	- Understand grief and bereavement. - Recognise that everyone experiences loss differently. - Identify support systems.	- Calm Me within every lesson. Pause Points add to this. - Specifically in Year 6 Healthy Me, Pieces 5 and 6. - Relationships, 1 and 2.
Relationships, Boundaries and Belonging	- Identify trusted adults. - Describe qualities of friendship. - Recognise kind and unkind behaviour.	- Relationships - Celebrating Difference - Being Me in My World - Greater emphasis on: - communication skills - conflict resolution - setting boundaries - seeking help and support	- Understand healthy relationships. - Develop skills for repairing friendships. - Use assertive communication. - Recognise pressure and manipulation. - Understand personal boundaries.	- Relationships - Celebrating Difference - Being Me in My World - Greater emphasis on: - communication skills - conflict resolution - setting boundaries - seeking help and support
Mental Health, Emotional	- Recognise and name emotions. - Explain simple ways to regulate feelings.	All lessons but specifically	- Use strategies for managing emotions. - Understand resilience and coping strategies. - Recognise signs of emotional distress.	Year 3 - Being Me in My World, Piece 2,

Wellbeing and Spiritual Flourishing	Experience times of reflection and calm.	Year 1 Healthy Me, Piece 6 Year 2 Healthy Me, Piece 2 Year 2 Relationships, piece 3. Year 1, Healthy Me, Piece 6 Year 2 Healthy Me, Piece 2	Explain how spirituality, reflection and prayer may support wellbeing.	- Healthy Me, Pieces 3 and 4 - Calm Me teaches the children strategies to manage feelings in every lesson. - Mental health: Year 6, Healthy Me, Pieces 1, 5 and 6 - Moving to a new school: Year 6: Changing Me, Piece 6.
Screen time and screen-safety	- Know that information should not always be shared online. - Recognise trusted adults who can help. - Understand screen time limits.	- Covered in Year 3, - Relationships, - Piece 3 Year 5, Relationships, Pieces 2, 3, 4 and 5 New 2026 Additions - AI literacy - misinformation - online scams - gaming and monetisation - personal data protection - privacy and consent online	- Understand age restrictions. - Manage privacy settings. - Understand location-sharing risks. - Recognise scams and fraud. - Understand digital footprints. - Evaluate information critically. - Understand AI-generated content and manipulated media.	Year 3, Healthy Me, Piece 5. Year 5, Relationships, Pieces 2, 3, 4, 5 and 6 Year 6, Relationships, Pieces 5 and 6. New 2026 Additions - AI literacy - misinformation - online scams - gaming and monetisation - personal data protection

				• privacy and consent online
Substance Education	• Understand that some substances help us and some can harm us.		• Understand: ○ medicines ○ vaping ○ smoking ○ alcohol ○ drugs • Recognise influences and pressures. • Know where support can be found.	• Drugs: Year 3, Healthy Me, Piece 3 • Smoking: Year 4, Healthy Me, Piece 3 • Alcohol: Year 4, Healthy Me, Piece 4 • Year 5: Recap: Healthy Me, Pieces 1 and 2 • Year 6 Recap: Healthy Me, Pieces 2 and 3.
Personal Safety and Risk Management	• Identify everyday hazards. • Know how to seek emergency help.	• Covered in Year 3, Healthy Me, Piece 4. • Include: • Water Safety • Rivers • Beaches • Swimming pools • Road Safety • Safe crossing • Cycling safety	• Assess risk in common situations. • Demonstrate emergency procedures. • Apply basic first aid. • Recognise unsafe situations.	• Year 3, Healthy Me, Piece 4. • Year 5 Healthy Me, Piece 3 • Include: • Water Safety • Rivers • Beaches • Swimming pools • Road Safety • Safe crossing • Cycling safety

		• Railway Safety • Station safety • Track safety • Fire Safety • Emergency action • Smoke alarms		• Railway Safety • Station safety • Track safety • Fire Safety • Emergency action • Smoke alarms •
Growing, Changing and Puberty	• Identify body parts using correct terminology. • Understand that bodies grow and change. • New Emphasis 2026 • Use of accurate anatomical vocabulary including genitalia for safeguarding purposes.		• Understand puberty. • Understand menstruation. • Understand wet dreams. • Understand the reproductive system. • Understand emotional changes during puberty. • New Emphasis 2026 • Use of accurate anatomical vocabulary including genitalia for safeguarding purposes.	• Year 3, Changing Me, Pieces 3 and 4 • Year 4, Changing Me, Piece 3, • Year 5, Changing Me, Pieces 2 And 3 • Year 6, Changing Me, Piece 2
Human Dignity, Identity and Respect	• Recognise that everyone is valuable. • Show respect towards others.	• Celebrating Difference • Relationships	• Understand human dignity. • Respect diversity. • Challenge stereotypes. • Promote inclusion and equality.	• Celebrating Difference • Relationships