Jigsaw Scotland's Contribution to the Health and Wellbeing of Early Years Children aged 4-5 years

Curriculum for Excellence plays an essential role in promoting the health and well-being of children and young people and equally of all of those in the educational communities to which they belong. Learning through health and well-being promotes confidence, independent thinking and positive attitudes and dispositions.

Scotland's National Health and Wellbeing Framework for children and young people is underpinned by 8 key indicators (SHANARRI) as follows: Being Safe (S), Being Healthy (H), Achieving (A), Being Nurtured (N), Being Active (A), Being Respected (R), Taking Responsibility (R) and Being Included (I).

Educational settings working with children and young people are therefore well-placed to provide both universal and targeted health and wellbeing education and interventions to contribute to the SHANARRI outcomes. Also by aiming to Get It Right For Every Child (GIRFEC) there is an opportunity to help reduce inequality and 'narrow the gap'.

Jigsaw Scotland, the mindful approach to Health and Wellbeing, brings together Personal, Social, Health and Economic education in a comprehensive, structured scheme of work to fulfil the requirements of the Health and Wellbeing Curriculum's *Experiences and Outcomes* and SHANARRI. There is a strong emphasis on emotional literacy and nurturing mental health as the necessary underpinnings for learning with a unique mindfulness approach in every lesson. Jigsaw Scotland provides detailed lesson plans providing practitioners with everything they need to deliver creative teaching and learning activities.

Jigsaw comprehensively meets all the Experiences and Outcomes (Es and Os) for Health and Wellbeing (except those needing to be taught exclusively through Physical Education lessons) and **Table A below, provides teachers with a detailed map of the relevant Es and Os included in each Jigsaw lesson for children aged 4-5 years old.**

Table B highlights the main cross-curricular links within each Early Years (4-5 yrs) Jigsaw session to other Curriculum For Excellence subjects.

To aid practioner understanding of how the Early Years (4-5 yrs) materials fit within Jigsaw Scotland's overall progression of knowledge and skills from Early Level to Primary 7, further documents can be requested and downloaded from the Jigsaw website (under the Jigsaw Scotland tab). These map the complete scheme of work for all year groups against the Es and Os and **benchmarks**. The article *Jigsaw and the Scottish National Curriculum* (also found on the Jigsaw website) gives further explanation of how the programme's whole school, spiral and progressive approach ensures that the Health and Wellbeing Framework is fully addressed in a way that is accessible and exciting to both staff and children. There are no specific assessment tasks contained within Jigsaw's Early Years materials, but each session plan suggests opportunities for assessment that could be used within the setting's continuous assessment routines. The mapping document, *Curriculum for Excellence and Jigsaw Map Early Level to P7* (available from the set of mapping documents mentioned above) shows the relevant benchmarks related to the Jigsaw sessions and Es and Os.

Table A: Jigsaw and the Experiences and Outcomes for Health and Wellbeing for children aged 4-5 years

Note: HWB 0-21a- HWB0-28a are covered by the recommended outside learning experiences within the Jigsaw session plans and as part of a settings everyday practice. Practitioners should seek to develop children's understanding and knowledge of the importance of physical activity and its health benefits through any energetic play provided. There are also specific activities that relate to physical activity in the Healthy Me sessions. HWB0-12a is covered by the Introductory Assembly and Weekly Celebrations within the Jigsaw programme.

BEING ME IN MY WORLD																							
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																						
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●				●	●			●	●	●	●	●					●		●	●	●
Piece (lesson) 2	●	●	●	●	●	●	●	●		●	●	●	●	●					●		●	●	●
Piece (lesson) 3	●	●	●	●	●	●	●		●		●	●	●	●					●		●	●	●
Piece (lesson) 4	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●		●		●	●	●
Piece (lesson) 5	●	●				●	●		●		●	●	●	●					●		●	●	●
Piece (lesson) 6	●	●		●	●	●	●	●	●	●	●	●	●	●					●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																						
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●	●	●	●											●	●							
Piece (lesson) 2	●	●	●	●								●	●	●	●								
Piece (lesson) 3	●	●	●	●								●	●	●	●								
Piece (lesson) 4	●	●	●	●								●	●	●	●								
Piece (lesson) 5	●	●	●	●	●	●	●		●						●			●					
Piece (lesson) 6	●	●	●	●								●	●	●	●					●	●		

CELEBRATING DIFFERENCE																							
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																						
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●				●	●			●	●	●	●	●					●		●	●	●
Piece (lesson) 2	●	●		●		●	●			●	●	●	●	●					●		●	●	●
Piece (lesson) 3	●	●			●	●	●			●	●	●	●	●					●		●	●	●
Piece (lesson) 4	●	●			●	●	●		●	●	●	●	●	●					●		●	●	●
Piece (lesson) 5	●	●	●		●	●	●	●	●	●	●	●	●	●					●		●	●	●
Piece (lesson) 6	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●		●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																						
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●	●	●	●								●			●	●							
Piece (lesson) 2	●	●	●	●								●			●	●							
Piece (lesson) 3	●	●	●	●								●		●	●	●							
Piece (lesson) 4	●	●	●	●										●	●	●							
Piece (lesson) 5	●	●	●	●								●	●	●	●								
Piece (lesson) 6	●	●	●	●						●	●	●	●	●	●				●				

DREAMS AND GOALS	There are opportunities to link use of money MNU 0-09a (Numeracy and Mathematics) and TCH 0-07a (technology in society) within Piece 5 and the children's role play tasks.																						
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																						
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●	●	●		●	●			●	●	●	●	●					●	●	●	●	●
Piece (lesson) 2	●	●	●	●		●	●			●	●	●	●	●					●	●	●	●	●
Piece (lesson) 3	●	●	●	●		●	●			●	●	●	●	●					●	●	●	●	●
Piece (lesson) 4	●	●	●	●	●	●	●	●		●	●	●	●	●					●	●	●	●	●
Piece (lesson) 5	●	●				●	●			●	●	●	●	●					●	●	●	●	●
Piece (lesson) 6	●	●		●		●	●			●	●	●	●	●					●	●	●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																						
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●	●	●	●											●	●							
Piece (lesson) 2	●	●	●	●											●	●							
Piece (lesson) 3	●	●	●	●											●	●							
Piece (lesson) 4	●	●	●	●										●	●	●							
Piece (lesson) 5	●	●	●	●											●	●							
Piece (lesson) 6	●	●	●	●											●	●							

HEALTHY ME	Note: HWB 0-29a, HWB 0-30a and HWB 0-35a, TCH 0-04a, TCH 0-04c food preparation, handling and tasting can be linked to any of the Healthy Me sessions by providing additional enrichment activities. There are **o**pportunities for teachers to include senses (SCN 0-12a) within Pieces 1 and 2 of Healthy Me.																					
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																					
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●				●	●				●	●	●	●	●				●		●	●	●
Piece (lesson) 2	●	●				●	●				●	●	●	●	●				●		●	●	●
Piece (lesson) 3	●	●				●	●				●	●	●	●	●				●		●	●	●
Piece (lesson) 4	●	●				●	●				●	●	●	●	●				●		●	●	●
Piece (lesson) 5	●	●				●	●				●	●	●	●	●	●	●		●		●	●	●
Piece (lesson) 6	●	●				●	●				●	●	●	●		●	●	●	●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																					
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●	●	●	●											●		●	●	●				
Piece (lesson) 2	●	●	●	●											●		●	●	●				
Piece (lesson) 3	●	●	●	●	●	●	●		●						●		●	●	●	●			
Piece (lesson) 4	●	●	●	●											●		●	●	●	●	●		
Piece (lesson) 5	●	●	●	●				●		●					●			●	●				
Piece (lesson) 6	●	●	●	●							●				●								
RELATIONSHIPS																							
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																					
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●	●		●	●	●				●	●	●	●					●		●	●	●
Piece (lesson) 2	●	●	●	●	●	●	●	●	●	●	●	●	●	●					●		●	●	●
Piece (lesson) 3	●	●	●	●	●	●	●	●	●	●	●	●	●	●					●		●	●	●
Piece (lesson) 4	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●		●		●	●	●
Piece (lesson) 5	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●		●		●	●	●
Piece (lesson) 6	●	●	●	●	●	●	●	●	●	●	●	●	●	●					●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																					
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●	●	●	●								●	●	●	●								
Piece (lesson) 2	●	●	●	●								●	●	●	●								
Piece (lesson) 3	●	●	●	●								●	●	●	●								
Piece (lesson) 4	●	●	●	●							●	●	●	●	●								
Piece (lesson) 5	●	●	●	●							●	●	●	●	●								
Piece (lesson) 6	●	●	●	●								●	●	●	●								

CHANGING ME																							
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																						
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●				●	●				●	●	●	●	●				●		●	●	●
Piece (lesson) 2	●	●				●	●				●	●	●	●	●				●		●	●	●
Piece (lesson) 3	●	●				●	●				●	●	●	●					●		●	●	●
Piece (lesson) 4	●	●	●	●		●	●				●	●	●	●					●		●	●	●
Piece (lesson) 5	●	●	●	●		●	●				●	●	●	●					●		●	●	●
Piece (lesson) 6	●	●	●	●		●	●				●	●	●	●					●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																						
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●	●	●	●											●		●	●	●				
Piece (lesson) 2	●	●	●	●	●	●	●		●						●		●	●		●	●		
Piece (lesson) 3	●	●	●	●											●		●			●	●		
Piece (lesson) 4	●	●	●	●											●					●	●		
Piece (lesson) 5	●	●	●	●											●								
Piece (lesson) 6	●	●	●	●											●								

Table B: Jigsaw's Main Cross-Curricular Links to other Curriculum for Excellence Subjects for children aged 4-5 years

	Links to Social Studies, Technologies, Science, Numeracy and Maths, Literacy and English, Expressive Arts, RME and Religious Education (Catholic Schools)																					
BEING ME IN MY WORLD																						
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-09b	LIT 0-10a	LIT 0-16a	ENG 0-17a	LIT 0-31a			
Piece (lesson) 1		●	●	●							●	●			●		●						
Piece (lesson) 2		●	●	●							●	●			●		●						
Piece (lesson) 3		●	●	●							●	●			●		●						
Piece (lesson) 4		●	●	●							●	●	●	●	●		●	●	●				
Piece (lesson) 5		●	●	●							●	●			●		●						
Piece (lesson) 6		●	●	●							●	●	●	●	●	●	●	●	●	●			
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1					●	●		●			●												
Piece (lesson) 2					●	●		●			●												
Piece (lesson) 3	●			●		●	●	●			●												
Piece (lesson) 4	●			●	●	●	●	●			●												
Piece (lesson) 5					●	●		●			●												
Piece (lesson) 6	●	●	●	●		●	●	●			●												

CELEBRATING DIFFERENCE																						
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-09b	LIT 0-10a	LIT 0-16a	ENG 0-17a	LIT 0-31a			
Piece (lesson) 1		●	●	●							●	●			●		●						
Piece (lesson) 2		●	●	●							●	●			●		●						
Piece (lesson) 3		●	●	●							●	●	●	●	●		●	●	●				
Piece (lesson) 4		●	●	●							●	●			●		●						
Piece (lesson) 5		●	●	●							●	●	●	●	●		●	●	●				
Piece (lesson) 6		●	●	●							●	●			●		●						
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1					●	●	●	●		●	●												
Piece (lesson) 2						●	●	●		●	●												
Piece (lesson) 3	●	●	●	●	●	●	●	●		●	●												
Piece (lesson) 4						●	●	●		●	●												
Piece (lesson) 5					●	●	●	●			●												
Piece (lesson) 6	●			●		●	●	●			●												

DREAMS AND GOALS	There are opportunities to link use of money MNU 0-09a (Numeracy and Mathematics) and TCH 0-07a (technology in society) within Piece 5 and the children's role play tasks.																					
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-09b	LIT 0-10a	LIT 0-16a	ENG 0-17a	LIT 0-31a			
Piece (lesson) 1		●	●	●							●	●	●	●	●		●	●	●				
Piece (lesson) 2		●	●	●							●	●	●	●	●		●	●	●				
Piece (lesson) 3		●	●	●							●	●			●		●						
Piece (lesson) 4		●	●	●							●	●			●		●						
Piece (lesson) 5		●	●	●	●			●		●	●	●			●		●						
Piece (lesson) 6		●	●	●							●	●			●		●						
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1					●	●		●		●	●												
Piece (lesson) 2					●	●		●		●	●												
Piece (lesson) 3	●			●	●	●		●		●	●												
Piece (lesson) 4	●			●		●		●		●	●												
Piece (lesson) 5	●	●	●	●		●	●	●		●	●												
Piece (lesson) 6						●	●	●		●	●												

HEALTHY ME	Note: HWB 0-29a, HWB 0-30a and HWB 0-35a, TCH 0-04a, TCH 0-04c food preparation, handling and tasting can be linked to any of the Healthy Me sessions by providing additional enrichment activities. There are **o**pportunities for teachers to include senses (SCN 0-12a) within Pieces 1 and 2 of Healthy Me.																						
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-09b	LIT 0-10a	LIT 0-16a	ENG 0-17a	LIT 0-31a			
Piece (lesson) 1		●	●	●					●		●	●			●		●						
Piece (lesson) 2		●	●	●					●		●	●			●		●						
Piece (lesson) 3		●	●	●			●				●	●			●		●						
Piece (lesson) 4		●	●	●							●	●			●		●						
Piece (lesson) 5		●	●	●							●	●			●		●						
Piece (lesson) 6		●	●	●							●	●	●	●	●		●	●	●				
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1					●	●		●	●	●	●												
Piece (lesson) 2					●	●		●	●	●	●												
Piece (lesson) 3					●	●		●	●	●	●												
Piece (lesson) 4	●	●	●	●	●	●		●	●	●	●												
Piece (lesson) 5	●	●	●	●		●		●	●	●	●												
Piece (lesson) 6						●		●			●												
RELATIONSHIPS																							
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-09b	LIT 0-10a	LIT 0-16a	ENG 0-17a	LIT 0-31a			
Piece (lesson) 1		●	●	●							●	●			●		●						
Piece (lesson) 2		●	●	●							●	●			●		●						
Piece (lesson) 3		●	●	●							●	●	●	●	●		●	●	●				
Piece (lesson) 4		●	●	●							●	●			●		●						
Piece (lesson) 5		●	●	●							●	●			●		●						
Piece (lesson) 6		●	●	●							●	●	●	●	●		●	●	●				
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1	●	●	●	●		●	●	●			●												
Piece (lesson) 2					●	●	●	●			●												
Piece (lesson) 3					●	●	●	●			●												
Piece (lesson) 4	●			●	●	●	●	●			●												
Piece (lesson) 5					●	●	●	●			●												
Piece (lesson) 6						●	●	●			●												

CHANGING ME																							
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-09b	LIT 0-10a	LIT 0-16a	ENG 0-17a	LIT 0-31a			
Piece (lesson) 1		●	●	●					●		●	●			●		●						
Piece (lesson) 2		●	●	●							●	●			●		●						
Piece (lesson) 3		●	●	●							●	●	●	●	●		●	●	●				
Piece (lesson) 4		●	●	●							●	●	●	●	●		●	●	●				
Piece (lesson) 5		●	●	●							●	●			●		●						
Piece (lesson) 6		●	●	●							●	●			●		●						
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1					●	●		●	●	●	●												
Piece (lesson) 2					●	●		●	●	●	●												
Piece (lesson) 3					●	●		●	●	●	●												
Piece (lesson) 4					●	●		●	●	●	●												
Piece (lesson) 5						●		●			●												
Piece (lesson) 6						●		●			●												