PSHE/RSE Curriculum

Intent

PSHE and RSE are taught through the Jigsaw programme using a spiral, progressive and fully planned scheme of work, giving our children the relevant learning experiences to help them navigate their world and to develop positive relationships with themselves and others.

This whole school approach with a strong emphasis on emotional literacy, building resilience and nurturing mental health enables our school to deliver engaging and relevant PSHE across all Key Stages. Jigsaw lessons also include mindfulness allowing our pupils to develop their emotional awareness, concentration and focus.

Through the delivery of the Jigsaw programme our children will acquire knowledge, understanding and the skills they need to manage their lives now and in the future. To provide our children with experiences to develop the qualities and attributes that they need to thrive as individuals, family members and members of society and the global community.

Through the teaching of PSHE we deliver a broad and balanced programme using he Jigsaw modules. Promoting the spiritual, moral, social, cultural, mental and physical development of pupils. We prepare pupils at school for the opportunities, responsibilities and experiences oflater life. British values are promoted through school life and the teaching of the PSHE modules. Relationship and Sex Education (RSE) will be taught sensitively through this programme and will be age-appropriate themes. Pupils will develop confidence, resilience, independence and strength of character through the participation in PSHE lessons.

Implementation

Each Class is taught six Puzzles (units of work) across the year and is taught one lesson per week in an age and stage appropriate way.

The children will develop and build on each puzzle in this order:

- Being Me in My World

- Celebrating Difference

- Dreams and Goals

- Healthy Me (statutory content for Health Education)

- Relationships

- Changing Me

We will always give a child the opportunity to talk to a member of staff if they wish after a lesson has been delivered to ensure their wellbeing is being supported.

Impact

Through the delivery of the PSHE and RSE subject's pupils will:

• Understand how to eat in a healthy way and maintain a healthy and

active lifestyle, enabling them to keep physically and mentally healthy.

• Have a developing understanding of age-appropriate healthy

relationships.

• Have an understanding of British Values.

• Understand how to engage with the views, beliefs and opinions that differ

from their own, developing understanding and appreciation for these

differences.

• Understand how to be responsible, respectful and active citizens, who

can contribute positively to society.

• Know how to debate ideas in considered and age-appropriate ways.

We want our children to become inquisitive and reflective learners that are equipped for life.