



Curriculum map: PSHE

Become the best that you can be: for learning, for life, for future success.

Intent: We follow the ambitious Jigsaw scheme across the school using its planning and resources for all lessons. Jigsaw is a unique, spiral, progressive and effective scheme of work, aiming to empower pupils/young people for life, helping them know and value who they are and understand how they relate to other people in this ever-changing world around them. The rationale and philosophy underpinning Jigsaw resources is based on mindfulness philosophy and practice, sound psychology and is evidence-based. Jigsaw have explored how the brain works and how learning happens and have structured Jigsaw lessons to maximise these processes. Pupils are at the heart of all Jigsaw Programmes. Jigsaw aims to improve children's capacity to learn, their resilience and emotional well-being and mental health and thereby enhance their life-chances. Through Jigsaw, we take a mindful approach, bringing together personal, social, health education, relationship & sex education (SRE), health and wellbeing, emotional literacy, social skills and spiritual development through this comprehensive scheme of learning.

Implementation: Using the Jigsaw scheme, we cover all areas of the PSHE curriculum at an age-appropriate level using age-appropriate resources. The scheme allows children to be motivated to learn through the use of the correct language and appropriate resources particularly when learning more ambitious emotive subjects and sex education. The topics each year build upon prior knowledge. This allows the pupils to foster the development of positive relationships as well as develop understanding at a local, national and global level. We provide opportunities for relational work and group discussion as the pupils explore ideas such as: equality; democracy; inclusion; responsibility; and transition. The scheme fulfils all the requirements for the statutory Relationships and Health Education curriculum, as announced by the DfE in England in 2019.

Impact: Most pupils are enthusiastic about PSHE lessons. They are able to discuss the things they have learnt and related factual knowledge. Furthermore, pupils have the opportunity to discuss complicated and challenging topics, such as discrimination and the internal and external bodily changes during puberty - they are able to do this maturely with reflection and enquiry. Pupils are able to demonstrate an awareness of themselves and the world around them; think critically; engage in discussion; and participate in debate. Such skills will equip them with independence and individuality which in turn will contribute towards their happiness and mental health.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Years 3, 4, 5 & 6	Being me in my world Who am I and how do I fit in?	Celebrating difference Anti bullying and being unique	Dreams and Goals Aspirations and emotions	Healthy Me Keeping safe and healthy	Relationships Building positive relationships	Changing me Coping positively with change