



We want our children to be resilient, have high aspirations, a belief in themselves. We want them to be aware of different factors which will affect them, the world and how they learn how to deal with these so that they have good mental health and well-being.

Our PSHE provision promotes spiritual, moral, mental, cultural and physical development; preparing them for the opportunities, responsibilities and experiences for later life. Our RSE enables our children to learn how to be safe, understand and develop healthy relationships both now and in their future lives.

### Principles

- PSHE will be taught using 6 whole school themes which encourage rich discussions and opportunities for children to reflect on their own beliefs and experiences.
- PSHE will be taught using sequences of engaging lessons that are progressive from EYFS to KS2.
- PSHE lessons will provide children with opportunities to develop their emotional literacy and social skills.
- Children will be able to talk about their PSHE learning and will be able to reflect on how it relates to their own lives.
- Children will be provided with opportunities to help learn about and further develop their resilience.

### CONTENTS AND SEQUENCING

- Follow the Jigsaw PSHE scheme where it is split into 6 units of which every session has the following steps:
  - Connect us – positive relationships and enhances collaborative learning. It maximises inclusivity to build social skills.
  - Calm me – Enables children to gain awareness of their minds, relaxing them, quietening their thoughts and emotions to a place of optimum learning. This also enhances reflection and spiritual development.
  - Open my mind – The children will be taught about the Reticular Activating System and how their brains filter the many stimuli entering their mind at any given time, thus improving concentration and learning by filtering out insignificant stimuli.
  - Tell me or show me – Introducing new information, concepts and skills using a range of teaching approaches and activities.
  - Let me learn – Following Piaget’s learning model, children to manipulate, use and play with that new information in order for it to make sense and for them to accommodate it into their existing learning.
  - Help me reflect – Children will be taught to reflect on their learning experiences and their progress.
  - Closure – To provide safe closure, children are praised for their effort, positive attitude and achievement. The key learning is summarised.

### LINKS WITH ENGLISH

- Listen and respond appropriately and answer questions.
- Consider and evaluate different viewpoints and opinions.
- Articulate and justify answers through discussion.
- Give well-structured explanations, remembering standard English.
- Discuss and explain reading providing reasoned understanding/ justifications for what has been read.

### RETRIEVAL SCALE

- Jigsaw units provide a spiral, progressive approach to retrieval. The spiral nature of Jigsaw means that the key concepts are repeated throughout the programme.
- Vocabulary used and reinforced during every lesson.

### PROGRESS

- The Jigsaw scheme is a progressive scheme with 6 units containing 6 lessons.
- During 2022-2023 we have a mixed year 3/4 cohort where the Year 4 curriculum will be taught as this is a natural progressive link from Year 2. This will be a rolling programme to ensure children are taught all curriculum objectives. This is with exception to the ‘changing me’ unit of work where children will complete their own year group objectives
- The Jigsaw approach is designed with all year groups working on the same theme (puzzle) at the same time.

### SUPPORT

- Everyone has access to the Jigsaw curriculum.
- Some children have further guidance from the teacher to access the learning effectively. A range of recording methods are used to ensure that writing does not present a barrier to learning.
- The Resilience scale is implemented across the school to ensure children are taught the strategies to overcome challenges.
- The Jigsaw puzzles start with an introductory assembly, generating a whole school support focus for adults and children.