

Tollerton Primary School

PSHE Curriculum Rationale

Personal, Social, Health and Economic Education (PSHE) is an important part of our pupils' education and essential for their emotional well-being and growth. Through our PSHE curriculum, pupils learn how to become healthy, independent and responsible members of society. We aim to equip children with the knowledge and skills that will enable them to grow and become independent, confident and well-rounded learners and citizens. Our PSHE curriculum plays a key role in the delivery of SMSC within school, working alongside school values, assemblies, whole-school initiatives, and other curriculum areas (specifically RE).

Jigsaw

Tollerton Primary School uses the Jigsaw curriculum, which is a PSHE scheme of work including statutory Relationships and Health Education. Jigsaw offers a comprehensive programme for Primary PSHE, including statutory Relationships and Health Education, in a spiral, progressive and fully planned scheme of work, giving children relevant learning experiences to help them navigate their world and to develop positive relationships with themselves and others. The Jigsaw curriculum has a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. Jigsaw lessons also include mindfulness, allowing children to advance their emotional awareness, concentration and focus.

The Jigsaw curriculum is arranged into 6 'Puzzles' (units of learning) studied throughout the year. Each 'Puzzle' is studied by the whole-school at the same time – one 'Puzzle' per half term. Each 'Puzzle' of the Jigsaw curriculum develops children's learning in a different aspect of the PSHE, thus supporting children to experience a broad range of learning and develop holistically. Learning within each 'Puzzle' is progressive year-on-year, ensuring children deepen their knowledge and they progress through the school, and so that their learning in younger year groups prepares them well for tackling more mature themes in older year groups.

The six Jigsaw 'Puzzles' are as follows:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Relationships and Sex Education (RSE) and Health Education

RSE and Health Education are learned through the PSHE Jigsaw curriculum in an age-appropriate way which complies with the government's statutory guidance on teaching RSE within the primary age. The spiral method of teaching ensures that learning from previous years is revisited, adding new concepts, knowledge and skills year on year in an age-appropriate manner. These lessons support children's learning in a number of ways:

- to understand and respect their bodies and be prepared for the changes of puberty;
- to understand about positive and healthy relationships, appropriate to their age and development;
- the importance of respect for others;
- developing positive self-esteem and body image and understanding the influences and pressures around them
- knowing how to be safe and safeguarded.

Sex education is taught through the Changing Me Jigsaw 'Puzzle' in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage. All lessons are taught using simple, child friendly language and pictures, and the subject matter is treated in a matter-of-fact and sensitive manner to allay embarrassment and fear. The aim of these lessons is to provide children with the information they need to cope with change, including puberty, and to learn about families, friendship and healthy relationships. The Jigsaw curriculum also supports children to learn about sexual harassment and child-on-child abuse, as from the youngest year groups children are taught what to say or do if somebody else does something they do not like.

Health education is taught in the second half of the Spring term in the Healthy Me Jigsaw 'Puzzle'. Learning includes aspects of both physical and emotional health, including exercising, healthy eating and keeping safe. For older children, lessons also include learning about the effects of substances, and safeguarding issues such as exploitation. This work is furthermore taught in Year 6 through the DART programme. The Healthy Me Jigsaw 'Puzzle' is revisited every year from Reception to Y6 and develops the ideas and concepts at age appropriate times for our pupils

British Values

Jigsaw contributes to British Values in every single lesson. The Jigsaw curriculum is mapped out so that each lesson – whether directly or indirectly – contributes to children's developing understanding of the fundamental British Values:

- democracy;
- the rule of law;
- individual liberty;
- mutual respect and tolerance of those with different faiths and beliefs.

For example, the Being Me In My World 'Puzzle' covers lots of the values in most lessons, where citizenship is learnt about; but in the Healthy Me 'Puzzle' there are also ample opportunities for learning about mutual respect, individual liberty and the rule of law.

Inclusion

It is our aim that SEN pupils have access to the full curriculum, and this includes PSHE. Teachers may adapt lesson materials or content to support the inclusion of pupils with different learning needs, so that they are able to learn alongside their peers. Similarly, lessons may also be adapted for other pupils – such as those pupils for whom English is an additional language. Where SEN pupils have high level needs, they may experience a modified PSHE curriculum personalised to their developmental stage or learning needs.