

Intent

At Mark First C of E Academy we aim to teach PSHE lessons with a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. We would like all children to gain the knowledge, understanding and emotional maturity to play an active, positive and successful role in society and the world around them. We want the children to believe in themselves and have a positive attitude towards their learning ability. An ability to identify their emotions and openly talk about them, will help to ensure they maintain good mental health and wellbeing.

Our PSHE curriculum incorporates a focus on learning behaviours, knowledge and skills which will enable children to access the wider curriculum. It will prepare them to be a global citizen now and in the future, within a diverse community. It promotes their spiritual, moral, cultural, mental and physical development, preparing them for the opportunities, responsibilities and experiences for later life. Our Relationships and Sex Education enables children to understand how to show respect to others, care for their bodies and learn about positive relationships.

Implementation

Children are taught PSHE using 'Jigsaw' - a spiral, progressive scheme of learning, which 'aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world through current and engaging lessons'. Jigsaw lessons ensure that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. There is a strong emphasis on emotions, building resilience, nurturing both mental and physical health. It incorporates opportunities for mindfulness, to allow children to experience periods of calm and relaxation, to support concentration and focus. In addition to Relationships Education we also teach all aspects of Sex Education through our science curriculum. Our Collective Worships are also linked to PSHE Jigsaw, British Values and Citizenship.

EYFS

Throughout the Foundation Stage, PSHE and Citizenship is embedded throughout the curriculum and is integral in daily routines and discussions within the classroom. The objectives taught are from the Personal, Social and Emotional Development statements within the 'Development Matters Framework', and children are assessed within the PSED Early Learning Goals. We plan each lesson using the Jigsaw Scheme of Work.

Key Stage 1 and Key Stage 2

PSHE is taught through the clear and comprehensive Jigsaw scheme of work, in line with The National Curriculum and PSHE Associations programme of study. PSHE is taught through six half termly themes. See The Knowledge Content Organiser below.

Impact

Each year, children will have a breadth of experiences that broaden their skills, and gain an understanding of how to keep themselves healthy, happy and safe. They will develop an understanding of 'well-being' and good relationships with others throughout the school. Children will have opportunities to show an ability to try new things, push themselves and persevere. They will begin to have an appreciation of what it means to be a positive member of a diverse, multicultural society, and have a strong self-awareness, with compassion towards others.

Through discussion and feedback, children talk enthusiastically about their Jigsaw lessons and learning experiences. Pupils recognise the importance of learning about others and the world around them.

Jigsaw 3 - 11/12 Knowledge Content: Snapshot Overview



Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Ages 6-7	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Ages 8-9	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change