

## PSHE Lessons

At Creech st Michael Primary School, we value PSHE as one way to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to the pupils' needs. It is a comprehensive Programme for Primary PSHE including statutory Relationships and Health Education for Reception to year 6.

Jigsaw lessons have a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health and also include mindfulness allowing children to advance their emotional awareness, concentration and focus. In following Jigsaw, we aim to give children relevant learning experiences to help them navigate their world and to develop positive relationships with themselves and others.

Jigsaw is a whole school approach with all year groups working on the same theme (or puzzle) at the same time. In each year group one lesson a week is taught and themes are delivered in an age appropriate way. The mapping document: Jigsaw 3-11 and statutory Relationships and Health Education, shows exactly how Jigsaw and therefore our school, meets the statutory Relationships and Health Education requirements.

The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
<b>Autumn 1:</b>	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
<b>Autumn 2:</b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
<b>Spring 1:</b>	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
<b>Spring 2:</b>	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
<b>Summer 1:</b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
<b>Summer 2:</b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

Please see our PSHE and RSHE policies for more information