

Personal, Social, Health and Economic Education at Killigrew Primary and Nursery School

Intent

We use the Jigsaw programme as the basis for our PSHE teaching. This programme brings together the key parts of an excellent PSHE curriculum:

- PSHE Education
- Compulsory Relationships and Health Education
 - Emotional literacy
 - Mindfulness
- Social skills and spiritual development
 - British values.

We chose this particular scheme of work as Jigsaw holds children at its heart, and its cohesive vision helps children understand and **value** how they fit into and contribute to the world. With a strong emphasis on **emotional intelligence, building resilience** and **nurturing mental and physical health**, Jigsaw helps us deliver our PSHE curriculum through six key themes that can be carefully tracked to ensure that progress is evident as the children move up the school.

The focus on nurturing mental health and building emotional resilience has never been more important than now, so we particularly assessed how comprehensively the Jigsaw scheme of work offered support for teachers when tackling important issues linked to mental health. We also evaluated whether we would be able to teach the 'Puzzles' out of order, so that we could prioritise supporting the children emotionally on their return to school. At present, our pupils have limited experience with practising mindfulness, and we wanted to develop this within our PSHE curriculum. We believe that this will help our pupils with emotional regulation in school and outside school.

Here are our six themes, that are referred to as 'Puzzles', as tracked in our PSHE progression map:

1. Being me in my world
2. Celebrating difference (including anti-bullying)
3. Dreams and goals
4. Healthy me
5. Relationships
6. Changing me (including Sex education)



Through our whole-school approach to PSHE, we know that excellence in these areas will lead to excellence across the curriculum and beyond in later life. We know that high quality PSHE teaching

develops the qualities and attributes children need to thrive as individuals, family members and members of society and the global community.

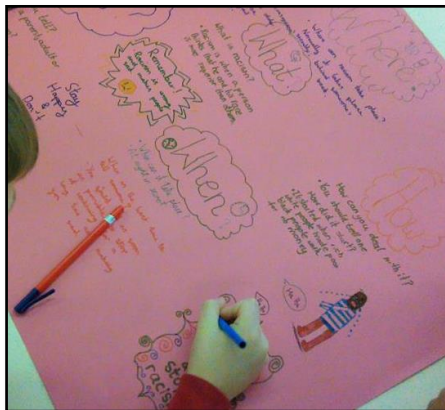
Embedded in our PSHE teaching is a commitment to enhancing and promoting our core Killigrew values.

To supplement each theme, mindfulness rehearsal is taught every lesson. Mindfulness is the quality of being present and fully engaged in the moment whilst observing our thoughts and feelings. Thus, learning is enhanced as pupils' emotions and behaviours are self-regulated.

Implementation

We teach PSHE once every week. Jigsaw consists of six half-term units of work (Puzzles), each containing six lessons (Pieces) covering each academic year. Each lesson has two learning intentions, one specific PSHE objective and the other designed to improve social skills and emotional literacy.

We launch every puzzle in a whole school assembly at the beginning of every half term as all year groups study units at the same time, at their own level. At times, visitors to the school talk to the children in assembly or work with them over the course of the day. This enhances our PSHE curriculum and the children's personal experiences.



Red Card to Racism Whole School Workshop

Impact



The Jigsaw PSHE Puzzle Characters

We measure the impact of our PSHE teaching in different ways: we conduct pupil voice to ascertain the children's thoughts and feelings on their mindfulness, emotional literacy and their learning in

PSHE. We also monitor the children's learning carefully to check progression as the children move through the school and we observe the teaching of PSHE, offering professional development opportunities if needed.