

PSHE Curriculum Statement



Intent

At Yealmpton primary School the principle aim of our PSHE curriculum is to prepare children for life. We want our children to learn the skills that they need to become confident individuals, successful learners and responsible citizens within this ever changing world. We aim to provide children with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community.

Children are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. They learn to understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

Implementation

In our school we choose to deliver Personal, Social, Health Education using Jigsaw, the mindful approach to PSHE. Children are taught mindfulness,

- to be aware of their thoughts and feelings as they arise
- to be able to focus their mind on what they choose to focus it on.

We believe that If a child can be aware of their thoughts and feelings as they arise and have been taught and practised how to use interventions e.g. breathing (Calm Me) techniques, they can choose to regulate/ manage their thoughts and feelings by using these interventions.

Each Jigsaw lesson starts with Calm Me techniques before moving on to the main objective of the lesson. Jigsaw is implemented throughout the whole school during weekly whole class Jigsaw lessons focusing on different topics each term and is embedded through whole school assemblies at the beginning and end of each topic. The whole school topics covered are:

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

Jigsaw encourages the children to think about the diverse beliefs, values and attitudes that individuals and societies hold. It helps pupils to develop themselves, their understanding of the world, and their ability to communicate their feelings. Children at Yealmpton also acquire an understanding of British values through the Jigsaw lessons, assemblies and through our Rights Respecting focus days which take place each term.

Impact

Through our PSHE education, we believe we can enhance children's education and help them to become caring, respectful, aspirational and confident individuals.. Our Jigsaw PSHE lessons support the development of the skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose
- Value self and others
- Form relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals