



PSHE at Cheapside School

Our intent: As a school we follow the Jigsaw scheme of learning. 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 strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, Jigsaw 3-11 properly equips schools to deliver engaging and relevant PSHE within a whole-school approach. Jigsaw lessons also include mindfulness allowing children to advance their emotional awareness, concentration, focus and self-regulation

How do we deliver the programme? Jigsaw 3-11 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 scheme of work is divided into 6 'puzzle pieces' that are covered by each year group across the academic year and are revisited and extended adding new concepts, knowledge and skills, year on year as appropriate.

The Puzzle pieces are as follows:

Term 1 – Being me in my world

Term 2- Celebrating difference

Term 3- Dreams and goals

Term 4- Healthy me

Term 5- Relationships

Term 6- Changing me