

PSHE at Kingsley Primary School



Our Intent

At Kingsley, we believe that it is imperative that our children to become independent, confident, healthy and responsible members of society. PSHE is taught across the school from FS1- Year 6 on a weekly basis and as a school, we follow the Jigsaw PSHE scheme. Our PSHE curriculum equips children with relevant and meaningful content, which is supported through a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. With an ever changing society, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community.

Our intentions in PSHE are to:

- prepare children/young people for life,
- helping them to really know and value who they are,
- understand how they relate to other people in this ever-changing world,
- help build resilience and understanding of the child's mental health,
- know about how their bodies change and how this affects them.

How do we do this?

- Jigsaw consists of six half-term units of work (Puzzles), each containing six lessons (Pieces) covering each academic year:
Term 1: Being Me in My World
Term 2: Celebrating Difference (including anti-bullying)
Term 3: Dreams and Goals
Term 4: Healthy Me
Term 5: Relationships
Term 6: Changing Me (including Sex Education)
- Every Piece has two Learning Intentions, one specific to Relationships and Health Education (PSHE) (in purple) and the other designed to develop emotional literacy and social skills (in green).
- The lessons are split into 7 parts, all of which should be included in every session to ensure that the learning follows the optimum progression:
 - **Connect us**
 - **Calm me**
 - **Open my mind**
 - **Tell me or show me**
 - **Let me learn**
 - **Help me reflect**
 - **Closure**