

# Curriculum Intent Statement for PSHE

## Intent

PSHE at George Mitchell School is designed to develop students with the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy and well, to be safe and develop social skills, and to manage different types of relationships, in order to prepare them for life and work in modern Britain.

Students are empowered to become informed and active citizens who know how democracy operates and how the UK is governed, are aware of their rights and responsibilities, are interested in volunteering and the charitable sector, and can manage their money effectively. PSHE contributes to careers education, developing students' knowledge and skills that will help them make informed, ambitious and appropriate choices at the end of each key stage. It supports them in making high quality applications for these destinations, developing their skills for the careers market of the future.

## Implementation

### Primary Phase

In our Primary Phase, PSHE is delivered by class teachers through the Jigsaw scheme in Early Years, KS1 and KS2.

The Jigsaw approach is a comprehensive scheme of work which is underpinned by mindfulness. The meaning of mindfulness in this context is two-fold:

- teaching information and skills to empower children to learn now and improve their life- chances later
- aiming to help them develop personal awareness.

This enables the children to observe their own thoughts and feelings, regulate them and make conscious decisions about their learning, behaviour and lives. It helps them to remain focused on the present moment and thrive in it.

Jigsaw is designed as a whole phase approach, with all year groups working on the same theme (puzzle) at the same time, studying age-appropriate content.

The Six Puzzles are:

- Autumn 1: Being Me in My World
- Autumn 2: Celebrating Difference
- Spring 1: Dreams and Goals
- Spring 2: Healthy Me
- Summer 1: Relationships
- Summer 2: Changing me

### KS3

At KS3, students participate in fortnightly PSHE lessons, delivered by the tutor, with follow up sessions taking place during form time. Students cover the statutory areas of Health and RSE, as well as learning about Fundamental British Values, Media and Digital Literacy and Careers. Topics are covered at an age appropriate level with themes developed further as students progress through the school.

## KS4

During KS4 PSHE lessons, students are encouraged to further develop their knowledge and understanding of the key topics. In addition to the statutory and additional themes listed above, there is a clear and structured careers programme which ensures that all students are able to make fully informed decisions about their next steps.

## Enrichment

A range of external speakers are invited to school to support our students. This year, we have welcomed, amongst others, Diverse Voices, the Naz Legacy Foundation and our local MP. We also hold a Careers Fair each year where over 30 exhibitors representing a wide range of post 16 providers attend to ensure our Y11 students have a full understanding of their next steps.

## Supporting your Child

Please talk to your child about what they are learning in PSHE. All of our learning maps are available on the website. Watch the news and discuss the current affairs with them so that they are aware of what is going on in the world.

## Where could PSHE take you next?

PSHE helps pupils develop the knowledge, skills and qualities they'll need to deal with the opportunities, challenges and responsibilities they'll face as they grow up.

PSHE includes the teaching of Relationships and Sex Education and broadly covers:

- health and wellbeing
- relationships
- living in the wider world

According to the PSHE Association, by teaching pupils to stay safe and healthy, and by building self-esteem, resilience and empathy, a PSHE programme can help pupils develop the skills and qualities they need to:

- do better in school
- attend school more regularly
- have better chances of getting a job

Possible Careers in PSHE can be – Mental Health Nurse, Personal Trainer, Domestic Violence Support Worker, Paramedic, Dietician and more!