 **Personal, Social and Health Education(PSHE)**

PSHE enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. It helps pupils to stay healthy, safe and prepared for life – and work – in modern Britain.

Intent

At Middlethorpe our PSHE curriculum is designed to develop our children’s knowledge and understanding of personal, social and health education. It is designed to explore ideas, thoughts and feelings with others and discuss their impact on the lives we lead. One of the key parts of our PSHE curriculum is the use of mindfulness.

Mindfulness can be learnt, and techniques to develop it, taught. It also needs to be practised. We believe mindfulness is a vital tool for life, not only does it support the regulation of emotion and build emotional resilience but also enhances focus and concentration; both helping to optimise learning.

Mindful children can more readily choose their responses to situations rather than react while caught up in the thought-flows and emotions. In Jigsaw PSHE, mindfulness is developed through the ‘Calm Me’ time in each piece (lesson). This consists of breathing techniques, awareness exercises, visualisations etc, all tried, tested and very enjoyable activities for children and teachers alike. Observing your thoughts and feelings, on purpose, in the present moment with no judgement…what a gift!

Implementation

Jigsaw PSHE is a comprehensive and completely original Scheme of Work for the whole Primary School from Years F1 and 2 through to Year 6. It brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning.

The Jigsaw scheme is also supplemented with other topical issues that arise during the school year ie Anti-Bullying Week , Children in Need and Remembrance Day. These real-life experiences give the children oppurtunities to put the knowledge, skills and understanding they have learned into practise.

Jigsaw contributes, as a good PSHE programme should, to the British Values agenda very significantly, both through the direct teaching of information and through the experiential learning children will enjoy.

The 5 strands of the British Values agenda have been mapped across every Puzzle and every Piece (lesson).

There are six strands to the scheme:

* Being in my world
* Celebrating difference
* Dreams and goals
* Healthy me
* Relationships
* Changing me

These strands are the same in each year group and have six lessons each which are started off with a whole school assembly.

Impact

Our PSHE curriculum is high quality, well thought out and is planned to demonstrate progression of knowledge, skills and understanding. If children are keeping up with the curriculum, they are deemed to be making good or better progress. In addition, we measure the impact of our curriculum through the following methods:

* A reflection on standards achieved against the planned outcomes
* On-going assessments throughout programme
* Pupil discussions about their learning.

Outcomes in lessons evidence a broad and balanced PSHE curriculum and demonstrate children’s acquisition and retention of identified key knowledge and skills. The ultimate impact of our PSHE curriculum is that our children will have developed the qualities and attributes pupils need to thrive as individuals, family members and members of society that is rapidly changing.