 **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

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.

At Middlethorpe Primary Academy we recognise that PSHE is essential to everyday life Our PSHE sequence of work aims to equip pupils with essential skills for life. It intends to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes pupils need to protect and enhance their wellbeing. Through a series of weekly lessons, pupils learn how to stay safe and healthy, build and maintain successful relationships and become active citizens who participate in society responsibly.

We have adopted the Jigsaw scheme of work as a foundation for building our own bespoke PSHE curriculum.

“Jigsaw holds children at its heart and its cohesive vision helps children understand and value how they fit inti the world and contribute to it. With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health.’

Our lessons also include mindfulness, allowing children to advance their emotional awareness, concentration and focus.

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 opportunities 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.