



PSHE Overview

Why?

At St Peter's Church of England Primary School, we believe that our pupils have a right to the highest quality personal, social and health education (PSHE). This will enable them to begin to develop the knowledge, skills and understanding they need to lead confident, independent and healthy lives and to participate as informed, active and responsible citizens. We actively encourage and enable all of our pupils to become involved in a wide range of activities which aim to promote self-worth, promote co-operation and involvement and develop an understanding of and respect for difference and diversity.

How?

PSHE is cross curricular and, therefore, taught throughout our curriculum and in RE. PSHE is also seen as a separate subject in its own right and is timetabled in each class weekly. At St Peter's, we use the Jigsaw framework in which skills, knowledge and values are revisited and developed in order to provide continuity and progression. It is taught in a way that engages pupils in a variety of activities appropriate to their age, ability and previous experiences. Jigsaw covers all areas of PSHE for the primary phase including statutory age appropriate Relationships and Health Education. The table below gives the learning theme of each of the six puzzles (units) and these are taught across school in a two-year cycle:

Puzzle (Unit)	Content
Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Changing Me	Includes Relationships and Sex Education in the context of coping positively with change
Dream and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society

What?

Through our consistent, thorough and structured approach using the jigsaw and reinforcing the learning across the whole school curriculum, we provide pupils with opportunities to celebrate their



individuality, be proud of their achievements, respect the views of others and achieve their full potential.

Pupils at St Peter's should feel valued, safe and know what to do when they need help. They learn how to stay healthy and are informed about how their feelings and bodies will change over time as they grow up. They learn to respect themselves and others even when those people hold different views, beliefs and values. They gain an understanding of how to maintain healthy relationships throughout their lives and they are encouraged to work towards achieving their personal dreams and goals.