

## **Purpose**

**PSHE** is a subject which gives us a strong sense of belonging and community and develops our understanding of relationships, well-being, self-worth, goal setting and self-development.

## **Intent**

At Frimley, we believe the health and wellbeing of our children underpins every aspect of school life. The Jigsaw PSHE scheme of work (a mindful approach) covers all areas for the primary phase including the 2020 statutory requirements for Relationships and Health Education. It links to SMSC and British Values and through this scheme we are covering all aspects of the curriculum outlined by the government. Jigsaw is a comprehensive and carefully thought-out scheme of work which brings consistency and progression to the children's learning. It gives the relevant context to build self-esteem, confidence and resilience. The curriculum will enable the children to make informed decisions about their wellbeing, health and relationships and will build their self-efficacy through discussion and choice. There are 6 learning themes (Being Me in My World, Celebrating Difference, Healthy Me, Relationships, Changing Me, Dreams and Goals) and these are taught across the school. The learning deepens and broadens each year.

## **Implementation**

- We use a mastery-based curriculum that is progressive and broken into modules – in PSHE, children explore themes and concepts in various contexts and build the skills, knowledge and awareness to apply these to their own context and life.
- The 6 learning themes in PSHE are revisited each year with increasing complexity – this allows children to revise and build on their previous learning.
- Teachers deploy the Rosenshine principles, where appropriate in PSHE lessons, to support the teaching and learning process: reviews of previous learning, new information is presented in small steps, high-level questioning, carefully considered models, guided practice, checks for pupil understanding, obtainment of a high success rate, scaffolds for difficult tasks, opportunities for independent practice and reviews of learning over extended periods.
- The children have weekly lessons which last approximately an hour.
- Every lesson starts with a reminder of the PSHE rules which are displayed in each class.
- Lessons are planned using the comprehensive planning (including recommended questions for discussion) from the Jigsaw scheme and adapted to suit the cohort.
- Various learning activities are used to enhance the learning experiences of all: these include group discussions and debate, drama activities, artwork and individual tasks.
- Each lesson will end with a Frimley-style reflection & self-assessment evaluation which will be monitored (in books). This will give the children a chance to demonstrate what they have learnt and taken from the lesson and to voice their opinions and viewpoints.
- We extend the development of PSHE through assemblies, Enrichment Days, Charity Days, Feeling Good Week and Mental Health Week amongst other activities.
- A well-being team, led by the PSHE lead, works together to promote well-being and to provide opportunities for all to participate in activities that support this.
- A well-being newsletter is sent to parents half-termly to signpost support for families in this area.

- Links to careers in PSHE and related fields are made to show how children's learning links to the wider world of work.
- As well as learning walks to observe teaching and learning, the Book Study approach is used to monitor the effectiveness of the PSHE curriculum, teaching and learning, to identify strengths and areas for development in provision and to garner pupil voice.

### **Impact**

#### **Children will:**

- Develop resilience and responsibility towards their learning and other people.
  - Develop compassion and respect.
  - Gain understanding of what a healthy relationship, body and mind look and feel like.
  - Understand what it means to be a good friend.
  - Know how to stay safe on and offline.
  - Know how to question, suggest and ask.
  - Be able to consider and respect viewpoints that may be different from their own.
  - Understand how to stay safe and the steps they can take if feeling unsafe, worried or concerned about something.
  - Understand how their learning in PSHE links to the wider world of work.
  - Meet the relevant end of key stage expectations outlined in the National curriculum for PSHE at the end of Key stage 2.
- Leave Frimley emotionally ready for their next journey; they will be equipped with the power, tools and knowledge to stay safe and make good choices.

	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Year 3</b>	<p><b>Being Me in My world</b></p> <p>In their first PSHE unit, children will focus on getting to know each other and facing new challenges positively. Using their Frimley Learner passports, they will identify positive attributes they have and will set personal goals. They will also look at the importance of rules and how their actions affect themselves and others. The class will collaboratively create a class charter and everyone will consider their role in owning the class charter.</p>	<p><b>Relationships</b></p> <p>Children will explore the different roles and responsibilities in families and will look at the skills of friendship, considering how to negotiate in conflict situations. Online safety will be an area of focus and children will learn ways to stay safe online and who to ask for help when worried or concerned. They will also look at what it means to be a global citizen, differences they have from other children around the world and how their lives can be influenced positively by people from other countries.</p>	<p><b>Healthy Me</b></p> <p>Children will explore what it means to be fit and healthy, looking at the effects of exercise and food choices. They will learn about drugs and how to know the difference between when they are medicines and when they may be unsafe. They will also learn about things, people and places they need to keep safe from and strategies for keeping safe and the importance of looking after their body.</p>
	<p><b>Celebrating Differences</b></p> <p>Children will look at families and their differences as well as conflict and strategies to resolve difficult situations. They will also explore ways to help identify bullying situations and how to help someone who is being bullied. During this unit, children will also use their Frimley Learner passports, considering what makes them special and what makes other people special.</p>	<p><b>Changing Me</b></p> <p>This PSHE unit will be closely linked and taught in conjunction with the science curriculum. In this unit, the children will recap the differences in female and male bodies whilst using the correct scientific terminology. They will learn how babies grow and understand a baby's needs. They will learn how boys' and girls' bodies change on the inside and outside during the growing up process. The children will have opportunities to discuss how they feel about these changes and will be given strategies to cope with these feelings.</p>	<p><b>Dreams and Goals</b></p> <p>In this unit, children will reflect on their dreams and goals, taking inspiration from people who have faced challenges and achieved success. They will set goals and challenges for themselves, considering the importance of the learning process and identify steps needed to complete them and ways to overcome obstacles. They will also have the opportunity to celebrate their successes in their Frimley Learner passports and will consider what they would like to achieve in the year ahead.</p>
<b>Year 4</b>	<p><b>Being Me in My World</b></p> <p>Children will consider their role in becoming a 'class team' and what it means to be a school citizen. They will look at the difference between rights and responsibilities and develop their understanding of democracy. Collaboratively, they will create their class charter and Frimley Learner passports will be used to reflect on successes from last year and to set goals for year 4.</p>	<p><b>Relationships</b></p> <p>Children will explore situations which can cause jealousy in relationships and ways to overcome this. They will look at love and loss, recognising why someone is special to them and ways to remember people they no longer see. They will also think about how friendships can change, that having a boyfriend/girlfriend are personal and special relationships for when they are older and they will reflect on their relationship with the people and animals that are special to them</p>	<p><b>Healthy Me</b></p> <p>Children will further explore friendships, how they are formed and why they are valued and will look at group dynamics and the roles they may take on in different situations. They will learn facts about smoking and alcohol, reasons why people may start smoking and drink alcohol and how to recognise negative feelings in peer pressure situations. They will also reflect on their own inner strength and ways to be assertive.</p>
	<p><b>Celebrating Differences</b></p> <p>In this unit, the class will focus on the importance of accepting that everyone is different and accepting people for who they are. They will consider how bullying might feel and ways to problem-solve in bullying situations. Children will also use their Frimley Learner passports to</p>	<p><b>Changing Me</b></p> <p>This PSHE unit will be closely linked and taught in conjunction with the science curriculum. In this unit, the children will celebrate their uniqueness and will be taught strategies for their changing feelings. The children will build on their learning from last year and will learn more</p>	<p><b>Dreams and Goals</b></p> <p>In this unit, children will reflect on their hopes and dreams. They will develop understanding that sometimes hopes and dreams do not come true, consider what disappointment can feel like and explore ways to overcome and counteract disappointment. They will also work on achieving goals as part of a team and will have</p>

	reflect on what makes them unique and what makes everyone special and unique.	about puberty. They will learn to understand the changes that happen to boys and girls as they grow older.	the opportunity to celebrate their successes in their Frimley Learner passports and to consider what they would like to achieve in the year ahead.
<b>Year 5</b>	<p align="center"><b>Being Me in My World</b></p> <p>Using their Frimley Learner passports, children will reflect on successes from year 4 and set goals for year 5. They will look at why we have rules, rights and responsibilities, how these can make the school and the wider community a fairer place and will make comparisons between their lives and others in the country. Together, they will create their class charter and reflect on how they can each take ownership for it.</p>	<p align="center"><b>Relationships</b></p> <p>Children will focus on who they are by reflecting on their characteristics and personal qualities. They will look at positive and negative consequences of being part of an online community, rights and responsibilities online and ways to recognise when something feels unsafe or unhelpful. Reflecting on their own relationship with technology, children will learn ways to recognise when they are spending too much time on devices and how to stay safe when communicating with friends.</p>	<p align="center"><b>Healthy Me</b></p> <p>Children will learn about the risks involved with smoking and drinking alcohol and how they affect the body. They will learn about emergency aid, basic emergency aid procedures and how to get help in emergency situations. They will explore body image, reflecting on their own and the importance of accepting and respecting themselves as well as what makes a healthy lifestyle, including healthy eating and choices that help us keep happy.</p>
	<p align="center"><b>Celebrating Differences</b></p> <p>In this unit, children will reflect on their own cultures and look at different cultures. They will develop their understanding of what racism is and why racism and other forms of discrimination are unkind. They will look at how rumours and name-calling can be bullying behaviours and explore strategies to deal with these situations. In their Frimley Learner passports, children will reflect on what makes them unique and how other people's differences contribute to their identity.</p>	<p align="center"><b>Changing Me</b></p> <p>This PSHE unit will be closely linked and taught in conjunction with the science curriculum. In this unit, the children will be taught about the changes which happen during puberty for girls and boys. The children will learn how to look after their physical health and emotional wellbeing during this period of change and will be taught the language to support their understanding and ability to express their feelings about these changes.</p>	<p align="center"><b>Dreams and Goals</b></p> <p>Children will consider what they would like their life to be like when they are older and will investigate jobs and careers, considering the steps to success and journey they may need to take. They will explore goals and dreams of young people in other countries and reflect on how these relate to their own. They will also look at ways they can support others to meet their aspirations and will use their Frimley Learner passports to celebrate their own successes and to think about goals for the year ahead.</p>
<b>Year 6</b>	<p align="center"><b>Being Me in My World</b></p> <p>Using their Frimley Learner passports, children will reflect on successes from year 5 and set goals for the year ahead. They will explore what it means to be a global citizen and the difference between 'wants' and 'needs' whilst comparing their own lives to other children around the world. Together, they will create a class charter and will reflect on how they can positively contribute to the class this year.</p>	<p align="center"><b>Relationships</b></p> <p>Children will look at what mental health is and its importance, using their Frimley Learner passports to record ways they look after their own well-being. They will think about love and loss and learn that there are different stages of grief and different types of loss that cause people to grieve. They will also learn ways to recognise when people are trying to gain power and control, how to recognise when something online is real or fake and safe or unsafe and how to positively and safely communicate with friends and family when using technology</p>	<p align="center"><b>Healthy Me</b></p> <p>Children will explore ways to take responsibility for their own health and well-being and will learn more about different types of drugs and their effects on the body. They will learn about ways people can be exploited and reasons people join gangs as well as ways and strategies someone could use to avoid these situations. They will also look at what it means to be emotionally well and strategies to manage stress and pressure.</p>

	<p style="text-align: center;"><b>Celebrating Differences</b></p> <p>Children will explore the idea of 'normal' to understand that there are different perceptions of what normal means. They will look at power struggles and ways in which one person or a group can have power over another. They will also look at other people's differences through examples of people with disabilities who lead amazing lives. Using their Frimley Learner passports, children will reflect on what makes them and others unique.</p>	<p style="text-align: center;"><b>Changing Me</b></p> <p>This PSHE unit will be closely linked and taught in conjunction with the science curriculum. In this unit, the children will focus on puberty and feelings. They will learn how to recognise how they feel when they reflect on becoming a teenager. The children will recap on last year's learning about the changes which happen during puberty for girls and puberty for boys and will understand the process of conception. The children will learn how to look after their physical health and emotional wellbeing during this period of change and they will understand the importance of respect and consent.</p>	<p style="text-align: center;"><b>Dreams and Goals</b></p> <p>In this unit, children will reflect on their learning strengths and will set their own goals, thinking about the steps they need to take to be successful. They will also look at problems in the world that concern them and consider ways that they can make a difference and make the world a better place. Using their Frimley Learner passports, children will reflect on and celebrate their own successes from this year and think about what they want to achieve when they move on to secondary school.</p>
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