



## **PSHE Curriculum Rationale**

At Oreston Community Academy, personal, social, health and economic (PSHE) education is an embedded part of our broad and balanced curriculum. Pupils' spiritual, moral, social and cultural (SMSC) development is at the heart of our school ethos. British Values are promoted through the principal aims and objectives of PSHE by supporting our children to become healthy, safe and responsible members of society, as well as preparing them for life and work in modern Britain.

### **Intent**

PSHE at Oreston enables children to access the wider curriculum and prepares them to be a global citizen now and in the future. It will fulfil the duties of Relationship and Sex Education (RSE) and Health Education (HE) whereby schools must provide:

*'a balanced and broadly-based curriculum which promotes the spiritual, moral, cultural, mental and physical development of pupils and prepares them for the opportunities, responsibilities and experiences for later life'.*

Every child is encouraged to develop their full potential within a nurturing learning environment and we take pride in celebrating and rewarding their achievements and successes. We believe that all children are individuals and we aim to encourage mutual respect, responsibility and foster self-esteem within our school environment. We believe the teaching and learning of PSHE using the 'Jigsaw' programme supports this.

### **PSHE Research**

PSHE Association evaluated research 'A case for PSHE' and this indicated that when PSHE is taught well, it helps keep children and young people be safe, physically and emotionally healthy and prepared for life and work.

PSHE Association evaluated research 'PSHE, Academic Attainment and Employability' and this indicated that growing evidence suggests that the skills and attributes acquired through PSHE education have a significant impact on pupils' academic achievement, employability and future life chances.

### **Implementation**

Jigsaw is a clear and comprehensive programme in line with the national curriculum which links to British Values in every lesson and enhances the elements of SMSC across each topic and year group.

The spiral curriculum starts in Year 1 and follows the children through to Year 6. The distribution of the lessons complements key campaigns throughout the year such as Anti-bullying Week. Jigsaw is taught weekly throughout the whole school focusing on different topics each term. Children are encouraged to use the skills they are developing throughout all areas of their learning. It helps to develop the qualities and attributes children need to thrive as individuals, family members and members of society and the global community.

The six topics taught (age appropriate) over the year are:

- **Being Me in My World**  
Includes understanding my place in the class, school and global community as well as devising Learning Charters.
- **Celebrating Difference**  
Includes anti-bullying (cyber and homophobic bullying included) and diversity work.
- **Dreams and Goals**  
Includes goal-setting, aspirations for yourself and the world and working together.
- **Healthy Me**  
Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices.
- **Relationships**  
Includes understanding friendship, family and other relationships, conflict resolution and communication skills.
- **Changing Me**  
Includes sex and relationships education in the context of coping positively with change. (includes age-appropriate sex education)

### **Impact**

- Children will demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.
- Children will achieve age related expectations across the wider curriculum.
- Children will become healthy and responsible members of society
- Children will be on their journey preparing them for life and work in modern Britain
- Children's physical and social well-being will improve
- Children will become caring, respectful, aspirational and confident individuals

### PSHE in the Early Years

PSHE sits within the areas of personal, social and emotional development and understanding of the world. The children in Nursery and Foundation participate in weekly Jigsaw circle time where they are encouraged to become aware of their feelings and also the feelings and wishes of others around them. During these sessions they are encouraged to listen, take turns and be kind to one another. Continuous provision is planned carefully to develop the skills learned from these sessions which enables children to use them independently.