

Sequencing and Progression

Subject: PSHE

INTENT	Our PSHE curriculum is based on a mindfulness approach as we believe that this 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. PSHE includes RSE, emotional literacy, social skills as well as spiritual development.
Scheme/planning used and reason for use:	The Jigsaw scheme of learning is used: a whole school approach with all year groups working on the same theme (Puzzle) at the same time. Each Puzzle is supported by an assembly, generating a whole school focus for adults and children alike. Jigsaw supports the mindfulness approach to the curriculum with built in opportunities to learn and practise mindfulness techniques such as breathing techniques, awareness exercises and visualisations. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation. In addition, the school is taking part in training to become a recognised Nurture school, which will again focus on improving wellbeing and supporting our children emotionally. Well-being and belonging also underpins our PE approach.
Adaptions made to scheme, including within classrooms and reasons for this:	Additional teaching around certain themes of PSHE, such as friendship, will take place in classes when needed. This will happen when the class teacher considers it appropriate and based on the needs of the children. Further mindfulness techniques will be taught and used to help the children settle back into school after any longer periods of absence either due to holidays, illness or COVID restrictions.
Learning Journey	The 6 Jigsaw pieces followed by the whole school are: Autumn 1: Being Me in My World Autumn 2: Celebrating Difference (including anti-bullying) Spring 1: Dreams and Goals Spring 2: Healthy Me Summer 1: Relationships Summer 2: Changing Me (including RSE)
Day to day practice: (Frequency, what will be seen within lessons, pillars of excellence)	PSHE lessons will either be taught weekly or blocked, for example in the first two days of a new term. Each lesson will include a reminder of the rules for a PSHE lesson: the Jigsaw Charter: <ul style="list-style-type: none"> • We take turns to speak • We use kind and positive words • We listen to each other • We have the right to pass • We only use names when giving compliments or when being positive • We respect each other's privacy (confidentiality) It will also include a mindfulness activity, the scaffolded tasks in the plan and a reflection time. Teachers will use questioning and discussion to develop children's understanding about the topic.
Progression of skills	Progression of each piece by year group is available on our website. The RSE and changing me progression is also available on the website.
How we will be recording progress:	Progress will be monitored by the children's attitude and behaviour around the school, by the independent tasks within their books and the quality of the discussions within the lessons.

(assessment, ARLO's, independent tasks, books)	
How we will be developing long term memory within this subject: (Knowledge acquisition and vocabulary)	<p>Topics covered will be referred back to within other lessons and activities, such as rules and responsibilities and the use of the class Recognition board. Each year, the children will build upon the previous learning as they revisit each of the different Jigsaw pieces.</p> <p>When additional lessons are taught around a particular theme, for example friendship, the children will be helped to make connections between their behaviour and the previous taught Jigsaw lessons.</p> <p>In addition, one assembly per week will be based on revisiting and deepening understanding about key topics, relating them to life in school and at home.</p>
Knowledge Mats	
How life skills will be developed, including SMSC and British Values.	<p>Every Piece (lesson) contributes to at least one of these aspects of children's development. This is mapped on each Piece and balanced across each year group. This is easy to see on the Puzzle Map (overview) at the beginning of each Puzzle.</p>
How we will be ensuring and promoting cultural capital	<p>All children are involved within all of aspects of the PSHE curriculum from EYFS to year 6. Well-being activities and challenges are also organised to promote this, as well as having strong links with community groups, such as the Baptist Church and local MP. Through using the Jigsaw scheme and the use of our outside environment/local area awe and wonder is also promoted through active and engaging lessons.</p>