

Finlay Community School

Personal, Social, Health and Economic Education (PSHE) and Relationships Education (RSE)

Our Whole School Curriculum Intent

At Finlay, we aim to teach a broad and balanced curriculum that enables children to enjoy, achieve and succeed in line with the National Curriculum. We provide opportunities to develop the children's cultural capital and ensure they are life-long learners, who are ready for the next step of their education and to thrive in Society. In addition to teaching the National Curriculum, we also aim for our children to leave school with a SMILE! Our SMILE values are: social awareness, mental health and wellbeing, independence, life skills and excellent aspirations. We provide opportunities to develop these values in all curriculum areas.

Our PSHE and Relationships Education Intent

At Finlay, we teach the National Curriculum. As part of our personal, social and health education, we follow Jigsaw which is a comprehensive scheme suitable for ages 3 to 11. Jigsaw is a "mindful approach to PSHE, [that] brings together Personal, Social, Health Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. A lesson a week with the teaching resources included, helps teachers to focus on tailoring the lessons to their children's needs and to enjoy building the relationship with their class, getting to know them better as unique human beings. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation. Jigsaw is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time. We understand the importance of teaching a coherent PSHE curriculum, and the positive impact it can have on our children's mental health and wellbeing. Each class has an explicit taught PSHE session weekly, where they can discuss age appropriate issues in a safe environment. Many of these sessions are completed verbally, through discussion as a class and within groups. The class teacher then evidences these sessions either through a 'summary sheet', 'photo collage' or 'speech bubbles'.

Whole School Curriculum Overview: PSHE and Relationships Education Units

Reception

- R.1: *Being me in my world*
- R.2: *Celebrating difference*
- R.3: *Dreams and goals*
- R.4: *Healthy me*
- R.5: *Relationships*
- R.6: *Changing me*

Year 4

- 4.1: *Being me in my world*
- 4.2: *Celebrating difference*
- 4.3: *Dreams and goals*
- 4.4: *Healthy me*
- 4.5: *Relationships*
- 4.6: *Changing me*

Year 3

- 3.1: *Being me in my world*
- 3.2: *Celebrating difference*
- 3.3: *Dreams and goals*
- 3.4: *Healthy me*
- 3.5: *Relationships*
- 3.6: *Changing me*

Year 5

- 5.1: *Being me in my world*
- 5.2: *Celebrating difference*
- 5.3: *Dreams and goals*
- 5.4: *Healthy me*
- 5.5: *Relationships*
- 5.6: *Changing me*

Year 1

- .1: *Being me in my world*
- .2: *Celebrating difference*
- .3: *Dreams and goals*
- .4: *Healthy me*
- .5: *Relationships*
- .6: *Changing me*

Year 2

- 2.1: *Being me in my world*
- 2.2: *Celebrating difference*
- 2.3: *Dreams and goals*
- 2.4: *Healthy me*
- 2.5: *Relationships*
- 2.6: *Changing me*

Year 6

- 6.1: *Being me in my world*
- 6.2: *Celebrating difference*
- 6.3: *Dreams and goals*
- 6.4: *Healthy me*
- 6.5: *Relationships*
- 6.6: *Changing me*

PSHE and Relationships Education Coverage Term by Term (EYFS – Year 6)

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<i>It's Good to be Me</i>	<i>Let's Celebrate</i>	<i>Once Upon a Time</i>		<i>Are we nearly there yet?</i>	<i>Moving on up!</i>
PSHE and Relationships Education Unit	R.1 Being me in my world	R.2 Celebrating difference	R.3 Dreams and goals	R.4 Healthy me	R.5 Relationships	R.6 Changing me
Year 1	<i>Finlay Toy Factory</i>		<i>Where oh Where is Finlay Bear</i>		<i>The Great Space Race</i>	
PSHE and Relationships Education unit	1.1 Being me in my world	1.2 Celebrating difference	1.3 Dreams and goals	1.4 Healthy me	1.5 Relationships	1.6 Changing me
Year 2	<i>Heroes in History Florence Nightingale and Mary Seacole</i>		<i>Around the World in ... Days Passport theme</i>		<i>The Great Fire of London & The Tudors</i>	
PSHE and Relationships Education unit	2.1 Being me in my world	2.2 Celebrating difference	2.3 Dreams and goals	2.4 Healthy me	2.5 Relationships	2.6 Changing me

Year 3	Rock and Roll! Stone Age and Iron Age		Deadly Disasters		Navigating the Nile/ Ancient Egyptians	
PSHE and Relationships Education unit	3.1 Being me in my world	3.2 Celebrating difference	3.3 Dreams and goals	3.4 Healthy me	3.5 Relationships	3.6 Changing me
Year 4	Rotten Romans Glorious Glevum		Journey to the River Sea! Come Sail with Me!		Ancient Greeks Olympics	
PSHE and Relationships Education unit	4.1 Being me in my world	4.2 Celebrating difference	4.3 Dreams and goals	4.4 Healthy me	4.5 Relationships	4.6 Changing me
Year 5	Chocolate! Ancient Maya		Deforestation The Rainforest - North and South America		Invaders and Settlers - Saxons, Vikings and Mayans	
PSHE and Relationships Education unit	5.1 Being me in my world	5.2 Celebrating difference	5.3 Dreams and goals	5.4 Healthy me	5.5 Relationships	5.6 Changing me
Year 6	We'll Meet Again! World War 2		Ice Explorer Arctic and Antarctica		Let Me Entertain You! History of Entertainment	
PSHE and Relationships Education unit	6.1 Being me in my world	6.2 Celebrating difference	6.3 Dreams and goals	6.4 Healthy me	6.5 Relationships	6.6 Changing me

PSHE and Relationships Education – Celebrating difference

	Pre-school and Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Identifying talents	Similarities and differences	Assumptions and stereotypes about gender	Families and their differences	Challenging assumptions	Cultural differences and how they can cause conflict	Perceptions of normality	
Being special	Understanding bullying and knowing how to deal with it	Understanding bullying	Family conflict and how to manage it (child-centred)	Judging by appearance	Racism	Understanding disability	
Families	Making new friends	Standing up for self and others	Witnessing bullying and how to solve it	Accepting self and others	Rumours and name-calling	Power struggles	
Where we live	Celebrating the differences in everyone	Making new friends	Recognising how words can be hurtful	Understanding influences	Types of bullying	Understanding bullying	
Making friends		Gender diversity	Giving and receiving compliments	Understanding bullying	Material wealth and happiness	Inclusion/exclusion	
Standing up for yourself		Celebrating difference and remaining friends		Problem-solving	Enjoying and respecting other cultures	Differences as conflict, difference as celebration	
				Identifying how special and unique everyone is		Empathy	
				First impressions			

PSHE and Relationships Education – Dreams and goals

	Pre-school and Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Challenges	Setting goals	Achieving realistic goals	Difficult challenges and achieving success	Hopes and dreams	Future dreams	Personal learning goals, in and out of school	
Perseverance	Identifying successes and achievements	Perseverance	Dreams and ambitions	Overcoming disappointment	The importance of money	Success criteria	
Goal-setting	Learning styles	Learning strengths	New challenges	Creating new, realistic dreams	Jobs and careers	Emotions in success	
Overcoming obstacles	Working well and celebrating achievement with a partner	Learning with others	Motivation and enthusiasm	Achieving goals	Dream job and how to get there	Making a difference in the world	
Seeking help	Tackling new challenges	Group co-operation	Recognising and trying to overcome obstacles	Working in a group	Goals in different cultures	Motivation	
Jobs	Identifying and overcoming obstacles	Contributing to and sharing success	Evaluating learning processes	Celebrating contributions	Supporting others (charity)	Recognising achievements	
Achieving goals	Feelings of success		Managing feelings	Resilience	Motivation	Compliments	
			Simple budgeting	Positive attitudes			

PSHE and Relationships Education – Healthy me

	Pre-school and Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Exercising bodies		Keeping myself healthy	Motivation	Exercise	Healthier friendships	Smoking, including vaping	Taking personal responsibility
Physical activity		Healthier lifestyle choices	Healthier choices	Fitness challenges	Group dynamics	Alcohol	How substances affect the body
Healthy food		Keeping clean	Relaxation	Food labelling and healthy swaps	Smoking	Alcohol and anti-social behaviour	Exploitation, including 'county lines' and gang culture
Sleep		Being safe	Healthy eating and nutrition	Attitudes towards drugs	Alcohol	Emergency aid	
Keeping clean		Medicine safety/safety with household items	Healthier snacks and sharing food	Keeping safe and why it's important	Assertiveness	Body image	
Safety		Road safety		online and off line scenarios	Peer pressure	Relationships with food	Emotional and mental health
		Linking health and happiness		Respect for myself and others	Celebrating inner strength	Healthy choices	Managing stress
				Healthy and safe choices		Motivation and behaviour	

PSHE and Relationships Education- Relationships

	Pre-school and Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family life	Belonging to a family	Different types of family	Family roles and responsibilities	Jealousy	Self-recognition and self-worth	Mental health	
Friendships	Making friends/being a good friend	Physical contact boundaries	Friendship and negotiation	Love and loss	Building self-esteem	Identifying mental health worries and sources of support	
Breaking friendships	Physical contact preferences	Friendship and conflict	Keeping safe online and who to go to for help	Memories of loved ones	Safer online communities	Love and loss	
Falling out	People who help us	Secrets	Being a global citizen	Getting on and Falling Out	Rights and responsibilities online	Managing feelings	
Dealing with bullying	Qualities as a friend and person	Trust and appreciation	Being aware of how my choices affect others	Girlfriends and boyfriends	Online gaming and gambling	Power and control	
Being a good friend	Self-acknowledgement	Expressing appreciation for special relationships	Awareness of how other children have different lives	Showing appreciation to people and animals	Reducing screen time	Assertiveness	
	Being a good friend to myself				Dangers of online grooming	Technology safety	
	Celebrating special relationships		Expressing appreciation for family and friends		SMART internet safety rules	Take responsibility with technology use	

PSHE and Relationships Education- Changing me

	Pre-school and Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Bodies	Life cycles - animal and human	Life cycles in nature	How babies grow	Being unique	Self- and body image	Self-image	
Respecting my body	Changes in me	Growing from young to old	Understanding a baby's needs	Having a baby	Body image	Body image	
Growing up	Changes since being a baby	Increasing independence	Outside body changes	Girls and puberty	Influence of online and media on body image	Puberty and feelings	
Growth and change	Differences between female and male bodies (correct terminology)	Differences in female and male bodies (correct terminology)	Inside body changes	Confidence in change	Puberty for girls	Conception to birth	
Fun and fears	Linking growing and learning	Assertiveness	Family stereotypes	Accepting change	Puberty for boys	Reflections about change	
Celebrations	Coping with change	Preparing for transition	Challenging my ideas	Preparing for transition	Conception (including IVF)	Physical attraction	
	Transition		Preparing for transition	Environmental change	Growing responsibility	Respect and consent	
					Coping with change	Boyfriends/girlfriends	
					Preparing for transition	Sexting Transition	

For evidence of how the modules in Jigsaw align to the DfE statutory relationships, sex and health education, please see the appendix document which is available in the RSHE subject leader folder.

Characteristics of Effective PSHE Teaching

What would I see in a unit of PSHE and Relationships Education?

What would I see in a Lesson?

<p><i>Children and adults to be arranged in an inclusive way so nobody is left out</i></p>	<p><i>5 minute recap at the beginning of each lesson to encourage retention of key knowledge and vocabulary.</i></p>	<p><i>Remind children of the Jigsaw Charter at the start of each lesson</i></p>
<p><u><i>Connect us</i></u> <i>Children and adults to all take part in this activity to start the lesson in a fun and inclusive way</i></p>	<p><u><i>Calm me</i></u> <i>Adult to read the 'Calm me' script and use the Jigsaw chime and prepare the children for learning by relaxing their body and quietening their thoughts and emotions</i></p>	<p><u><i>Open my mind</i></u> <i>Help to introduce children to the essence of the lesson that is about to follow</i></p>
<p><u><i>Tell me or show me</i></u> <i>The teaching part of the lesson where the teacher should teach the child new skills</i></p>	<p><u><i>Let me learn</i></u> <i>Children are provided with learning activities to integrate their learning</i></p>	<p><u><i>Help me reflect</i></u> <i>Help the children reflect, process and evaluate what they have learnt and help them celebrate their progress</i></p>

Knowledge Organisers are available via the Jigsaw Scheme of Work. These are available to download from the Jigsaw website and a hard copy is available for viewing in the Subject Leader file in school.