



## **Personal, Social, Health and Economic Education (PSHE)** – **Jigsaw Approach**

What is PSHE education and why is it important?

'PSHE education is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives. As part of a whole school approach, PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.' PSHE Association

At Beechcroft we follow the Jigsaw Approach to deliver our PSHE



### **What is Jigsaw PSHE?**

Jigsaw brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied, mindful of preferred learning styles and the need for differentiation. Jigsaw is designed as a whole school approach, all year groups working on the same theme (Puzzle) at the same time. This enables each Puzzle to start with an introductory assembly, generating a whole school focus for adults and children alike. Jigsaw PSHE is a comprehensive and completely original Scheme of Work for the whole Primary School from Years F1 and 2 through to Year 6.

SMSC (Spiritual, Moral, Social and Cultural) development opportunities are mapped throughout. All of these pieces of learning are brought together to form a cohesive picture, helping children to know and value who they are and understand how they relate to other people the world.

### **The Jigsaw Approach for the Early Years Foundation Stage**

The Jigsaw Approach has mindfulness underpinning it. This means that as teaching information and skills to empower children to learn now, and improve their life-chances later, we also aim to help them develop personal awareness. This enables them to observe their own thoughts and feelings, regulate them and make conscious decisions about their learning, behaviour and lives. It helps them to remain focused on the present moment and thrive in it.

### **The Six Puzzles**

In the EYFS, each Puzzle has 6 lesson plans. The lesson plans clearly identify the Early Learning Goals (ELG) and the Development Matters levels (D4-D6) that will be that session's focus.

### **SMSC (Spiritual, Moral, Social, Cultural) development**

Every Piece (lesson) contributes to at least one of these aspects of children's development. This is mapped on each Piece and balanced across F1 and F2.

### **The Jigsaw Approach for Key Stage 1**

There are six Puzzles in Jigsaw that are designed to progress in sequence from September to July:

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 Sex Education)

Each piece has two Learning Intentions: one is based on specific PSHE learning (covering the non-statutory national framework for PSHE Education but enhanced to address children's needs today); and one is based on emotional literacy and social skills (covering the SEAL learning intentions but also enhanced). The enhancements mean that Jigsaw is relevant to children living in today's world as it helps them understand and be equipped to cope with issues like body image, cyber bullying and internet safety.

### **The Learning Environment**

Establishing a safe, open and positive learning environment based on trusting relationships between all members of the class, adults and children alike, is vital. To enable this, it is important that 'ground rules' are agreed and owned at the beginning of the year and are reinforced in every Piece-by using the Jigsaw Charter.

- 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)

### **Sex and Relationship Education (SRE)**

The specific SRE content is taught through the Changing Me Puzzle of learning and provides new resources; picture cards, resource sheets and animations that are used to enhance teaching and learning at an age appropriate level. Whilst the core SRE content is delivered through the Changing

Me Puzzle, essential work is done in previous puzzles to build children's self-esteem, to enhance their own sense of self in regard to their body image, how to develop caring healthy relationships and how to develop assertiveness skills in keeping themselves valued, safe and respected. This work underpins the explicit SRE content and is part of the holistic approach to SRE teaching and learning. (See SRE policy).