

Mountnessing C of E Primary School

PSHE curriculum

We follow the JIGSAW curriculum.

Jigsaw brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning.

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. This enables each Puzzle to start with an introductory assembly, generating a whole school focus for adults and children alike.

In Jigsaw PSHE, mindfulness is developed through the 'Calm Me' time in each piece (lesson). This consists of breathing techniques, awareness exercises, visualisations etc.

| Term | |
|-------------|-------------------------------|
| Autumn 1 | <i>Being me in my world</i> |
| Autumn 2 | <i>Celebrating difference</i> |
| Spring 1 | <i>Dreams and Goals</i> |
| Spring 2 | <i>Healthy Me</i> |
| Summer 1 | <i>Relationships</i> |
| Summer 2 | <i>Changing me</i> |

More detailed plans are available in school.