Cedar Park School & Nursery

Be kind ★ Be inspired ★ Believe

PSHE & RSE Curriculum Overview

Rationale

The National Curriculum states that 'all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.'
According to the Education Act 2002 and the Academies Act 2010, the PSHE curriculum should be a balanced and broadly-based curriculum which 'promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for opportunities, responsibilities and experiences of later life.'
At Cedar Park we use a PSHE Programme - Jigsaw PSHE - in which pupils develop the knowledge, skills and attributes needed in order to keep themselves healthy and safe whilst preparing them for life and work. The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. This also supports the "Personal Development" and "Behaviour and Attitude" aspects evaluated under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

Approach

PSHE and personal development are at the core of everything that we do at Cedar Park and is taught explicitly from Nursery to Year 6 through the Jigsaw PSHE programme. PSHE is taught weekly by the class teacher – we understand that the content of these lessons relies on a strong, supportive relationship and is sometimes delicate in nature and therefore it is important that they are taught by our most qualified members of staff.

Jigsaw promotes a whole-school mindfulness approach and is delivered through half-termly themes:

1. Being Me in My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me (including puberty and human reproduction).

As these themes are the same across each year group, there is a natural progression across school and allows for children to build on their knowledge and skills year-on-year. Lessons are led by the 'Jigsaw Charter'. The charter provides a base of respectful rules to allow for open, honest and safe communication within the class. The Jigsaw Charter is displayed within classrooms for children to refer to.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	**Being Me In My World** Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	**Celebrating Differences** Identifying talents Being special Families Where we live Making friends Standing up for yourself	**Dreams and Goals** Challenges Perseverance Achieving and setting goals Overcoming obstacles Seeking help Jobs	**Healthy Me** Exercising bodies Physical activity Healthy foods Sleep Keeping clean Safety	**Relationships** Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	**Changing Me** Bodies Respecting my body Growing up Growth and challenge Fun and fears Celebrations
Year 1	**Being Me In My World** Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	**Celebrating Differences** Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	**Dreams and Goals** Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	**Healthy Me** Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	**Relationships** Belonging to a family Making friends/ being a good friend Physical contact preferences People who help us Qualities as a friend and person Self- acknowledgement Being a good friend to myself Celebrating special relationships	**Changing Me** Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (using correct terminology) Linking growing and learning Coping with change Transitions
Year 2	**Being Me In My World** Hopes and fears for the year Rights and responsibilities Rewards and consequences	**Celebrating Differences** Assumptions and stereotypes about gender Understanding bullying	**Dreams and Goals** Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths	**Healthy Me** Motivation Healthier choices Health eating and nutrition Safety in the home	**Relationships** Different types of family Physical contact boundaries Friendship and conflict Secrets	**Changing Me** Life- cycles in nature Growing from young to old Increasing independence

	Safe and fair learning environment Valuing contributions Choices Recognising feelings	Standing up for self and others Making new friends Celebrating differences and remaining friends	Learning with others Group co – operation Contributing to and sharing success	Safety out and about Medicines	Trust and appreciation Expressing appreciation for special relationships	Differences in female and male bodies (using correct terminology) Assertiveness Preparing for transitions
Year 3	**Being Me In My World** Setting personal goals Self- identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	**Celebrating Differences** Families and their differences Family conflict and how to manage it (from a child's point of view) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	**Dreams and Goals** Difficult challenges and achieving success Dreams and ambitions Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Contributing to the community Managing feelings Simple budgeting	**Healthy Me** Exercise Food labelling and healthy swaps Attitude towards drugs Keeping safe online and offline Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help	**Relationships** Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Being a global citizen How my choices affect others Awareness of other children's different lives Expressing appreciation for family and friends	**Changing Me** How babies grow Outside body changes Inside body changes Personal hygiene Family stereotypes Challenging my ideas Preparing for transition
Year 4	**Being Me In My World** Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decisions – making Having a voice What motivates behaviour	**Celebrating Differences** Challenging assumptions Judging my appearance Accepting self and others Understanding influences Understanding bullying Problem- solving Identifying how special and unique everyone is First impressions	**Dreams and Goals** Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	**Healthy Me** Healthier friendships Peer influences Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	**Relationships** Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	**Changing Me** Being unique Girls and puberty Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
Year 5	**Being Me In My World** Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	**Celebrating Differences** Cultural differences and how they can cause conflict Racism Rumours and name calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	**Dreams and Goals** Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	**Healthy Me** Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	**Relationships** Self-recognition and self-worth Building self- esteem Safer online communities Rights and responsibilities online Online gaming and risks Reducing screen time Dangers of online grooming internet safety rules	**Changing Me** Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transitions
Year 6	**Being Me In My World** Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	**Celebrating Differences** Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict Difference as celebration Empathy	**Dreams and Goals** Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	**Healthy Me** Taking personal responsibility How substances affect the body Exploitations including 'county lines' and gang culture Emotional and mental health Managing stress	**Relationships** Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	**Changing Me** Self- image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transitions