PSHE

*“Believe in yourself and all that you are”.*

**Rationale**

Jigsaw PSHE (Personal, Social, Health, and Economic Education) is a comprehensive program designed for primary schools to support children’s holistic development. Jigsaw is designed as a whole-school approach, ensuring consistency across all classes. This consistency gives teachers the confidence to deliver high-quality lessons.

*Aims*

* ***Build Capacity for Learning:*** *Jigsaw aims to enhance children’s ability to learn effectively. By addressing emotional well-being, social skills, and mindfulness, it helps create a positive learning environment.*
* ***Equip for Life:*** *Jigsaw prepares children for life beyond the classroom. It focuses on essential life skills, emotional literacy, and spiritual development, empowering them to navigate challenges confidently.*
* ***Develop Positive and Healthy Relationships****: Jigsaw encourages children to form positive relationships appropriate to their age and development. This includes understanding empathy, communication, and conflict resolution.*
* ***Promote Positive Self-Esteem and Body Image****: Jigsaw fosters a healthy self-image by promoting positive self-esteem. It helps children appreciate their uniqueness and develop a positive body image.*
* ***Empower Safety and Safeguarding****: Jigsaw equips children with knowledge and skills to stay safe. It covers topics related to personal safety, online safety, and safeguarding*

*Long Term Plan*

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| **Year Group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Whole School Themes** | **Being Me in My World**  Who am I and how do I fit? | **Celebrating Difference**  Respect for similarity and difference. Anti-bullying and being unique | **Dreams and Goals**  Aspirations, how to achieve goals and understanding the emotions that go with this | **Healthy Me**  Being and keeping safe and healthy | **Relationships**  Building positive, healthy relationships | **Changing Me**  Coping positively with change |