



## Great Ponton's PSHE Curriculum



### *Intent*

***To develop and prepare learners for the opportunities, responsibilities and experiences of life in the modern world to be an individual.  
Whilst enabling the spiritual, moral, social, cultural, mental and physical development of pupils both in school and in the modern world.  
Continually developing British values and SMSC in our learners to encourage a true understanding of the modern world.***

At Great Ponton Primary, we follow *Jigsaw PSHE*. Jigsaw, the mindful approach to PSHE/Health and Well-being, brings together Personal, Social, Health Education, Emotional Literacy, Social skills, and Spiritual development in a comprehensive scheme of learning. We teach PSHE once a week and the resources used, help teachers to focus on tailoring the lessons to their children's needs. This helps the children to enjoy building the relationship with their class as well as getting to know them better as unique human beings.

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. Jigsaw is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate.

### Personal Development:

Jigsaw PSHE perfectly connects the pieces of Personal, Social, Health and Well-Being Education. The programme teaches children and young people emotional literacy, social and lifelong skills, RSE/RSHE and resilience in an age-appropriate manner. Jigsaw gives children and young people the tools to have the best possible life. The programme equips them for happier and healthier lives, giving them agency to make their way through the world.

### British Values:

A government initiative was introduced to teach children the core values of **democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs**. These values underpin what it is to be a citizen in a modern and diverse society and are not exclusive to being British, but instead demonstrates a sense of shared values and celebrates diversity within the UK. The British Values have been mapped and links made to the different puzzle pieces within Jigsaw.

<https://jigsawpshe.com/hubfs/International%20Bookshelf/UK-British-Values-in-Jigsaw-by-Lesson.pdf>

### Protected Characteristics

There are 9 protected duties under the Equality Act which **partnership, pregnancy and maternity, race, religion or**  
At Great Ponton, we are passionate about demonstrating respect for those who share the protected characteristics. group, they are planned and delivered across our curriculum Within our school, children are taught to treat difference



are: **age, disability, gender reassignment, marriage and civil belief, sex, and sexual orientation.**

that no form of discrimination is tolerated and that pupils show  
Not all the protected characteristics are taught in every year to develop age-appropriate knowledge and understanding. with respect and that no form of discrimination is tolerated.

**PSHE Topic Overview – Cycle A**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS/ Year 1</b>  Ages 5-6	<b>Being Me in My World</b>  <i>Focus:</i> Rights and responsibilities, making others feel safe	<b>Celebrating Difference</b>  <i>Focus:</i> Being unique, bullying, friendships, being kind	<b>Dreams and Goals</b>  <i>Focus:</i> Overcoming difficulties, feelings related to obstacles and achievement	<b>Healthy Me</b>  <i>Focus:</i> Healthy and unhealthy choices, hygiene, road safety	<b>Relationships</b>  <i>Focus:</i> Healthy and safe relationships, personal attributes	<b>Changing Me</b>  <i>Focus:</i> Life cycle, changes since being a baby, differences in female and male bodies (correct terminology)
<b>Year 3/4</b>  Ages 7-8	<b>Being Me in My World</b>  <i>Focus:</i> Self-worth, positivity, rules and consequences	<b>Celebrating Difference</b>  <i>Focus:</i> Families, bullying	<b>Dreams and Goals</b>  <i>Focus:</i> Overcoming challenges, achieving success, strategies for facing obstacles	<b>Healthy Me</b>  <i>Focus:</i> Exercise, importance of your heart and lungs, different types of drugs, keeping safe	<b>Relationships</b>  <i>Focus:</i> Family relationships, stereotypes, online safety	<b>Changing Me</b>  <i>Focus:</i> What babies need, puberty
<b>Year 5/6</b>	<b>Being Me in My World</b> <b>Ages 10-11</b> <i>Focus:</i> Setting goals, rights and responsibilities, democracy	<b>Celebrating Difference</b> <b>Ages 10-11</b> <i>Focus:</i> Being different, bullying, disabilities	<b>Dreams and Goals</b> <b>Ages 9-10</b> <i>Focus:</i> Money, types of jobs	<b>Healthy Me</b> <b>Ages 10-11</b> <i>Focus:</i> Taking responsibly for our choices, types of drugs, exploitation	<b>Relationships</b> <b>Ages 9-10</b> <i>Focus:</i> Self-esteem, online safety, screen time	<b>Changing Me</b> <b>Ages 9-10</b> <i>Focus:</i> Body-image, puberty, pregnancy

**PSHE Topic Overview – Cycle B**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS</b>  Ages 4-5	<b>Being Me in My World</b>  <i>Focus: Managing and identifying feelings, being a kind friends, introducing rights and responsibilities</i>	<b>Celebrating Difference</b>  <i>Focus: Being special, families, making friends</i>	<b>Dreams and Goals</b>  <i>Focus: Challenges, perseverance, overcoming obstacles, achieving goals</i>	<b>Healthy Me</b>  <i>Focus: Exercising, healthy foods, sleep, keeping clean</i>	<b>Relationships</b>  <i>Focus: Family, friendships, falling out, being a good friend</i>	<b>Changing Me</b>  <i>Focus: Bodies, growing up, fun and fears, celebration</i>
<b>Year 1/2</b>  Ages 6-7	<b>Being Me in My World</b>  <i>Focus: Rights and responsibilities, making others feel safe</i>	<b>Celebrating Difference</b>  <i>Focus: Assumptions and stereotypes, gender diversity, making new friends</i>	<b>Dreams and Goals</b>  <i>Focus: Realistic goals, learning with others, contributing to and sharing success</i>	<b>Healthy Me</b>  <i>Focus: Motivation, healthy choices, relaxation</i>	<b>Relationships</b>  <i>Focus: Different types of family, physical contact boundaries, friendship and conflict</i>	<b>Changing Me</b>  <i>Focus: Life cycles, growing from young to old, differences in female and male bodies (correct terminology)</i>
<b>Year 3/4</b>  Ages 8-9	<b>Being Me in My World</b>  <i>Focus: Self-worth, positivity, rules and consequences</i>	<b>Celebrating Difference</b>  <i>Focus: Challenging assumptions, judging by appearance, accepting ourselves and others.</i>	<b>Dreams and Goals</b>  <i>Focus: Overcoming disappointment, working in a group, resilience, positive attitudes</i>	<b>Healthy Me</b>  <i>Focus: Healthier relationships, smoking, alcohol, peer pressure</i>	<b>Relationships</b>  <i>Focus: Jealousy, love and loss, girlfriends and boyfriends</i>	<b>Changing Me</b>  <i>Focus: Being unique, having a baby, girls and puberty, accepting change.</i>

<b>Year 5/6</b>	<b>Being Me in My World</b> <b>Ages 9-10</b> <i>Focus: Setting goals, rights and responsibilities, democracy</i>	<b>Celebrating Difference</b> <b>Ages 9-10</b> <i>Focus: Cultural differences, rumours, racism, enjoying and respecting other cultures</i>	<b>Dreams and Goals</b> <b>Ages 10-11</b> <i>Focus: Personal learning goals, emotions in success, making a difference in the world</i>	<b>Healthy Me</b> <b>Ages 9-10</b> <i>Focus: Smoking, alcohol, body-image, relationships with food</i>	<b>Relationships</b> <b>Ages 10-11</b> <i>Focus: Mental health, love and loss, managing feelings, online safety</i>	<b>Changing Me</b> <b>Ages 10-11</b> <i>Focus: Self-image, conception to birth, physical attraction, respect and consent, transition</i>
-----------------	--	--	--	--	---	--

### Protected Characteristics

As a school, we are passionate about providing our children with a solid understanding of the world they live in. We understand the importance of teaching the protected characteristics to allow the children to learn how to live alongside and show respect for a diverse range of people.

We do this in a variety of ways, including, PSHE lessons, assemblies, workshops, and general class discussions. The grid below gives some examples of where the protected characteristics can be taught and discussed within Jigsaw lessons. This list, however, is not exhaustive and there are many opportunities throughout our curriculum where the protected characteristics can be taught/discussed.

Protected Characteristic	What this refers to	Links to Jigsaw 3-11
<b>Age</b>	Where this is referred to, it refers to a person belonging to a particular age (for example, 32-year-olds) or range of ages (for example, 18- to 30-year-olds).	<u><i>Celebrating Difference</i></u> <i>Ages 10-11 Piece 3: Power Struggles</i>
<b>Gender reassignment</b>	The process of transitioning from one gender to another.	<u><i>Celebrating Difference</i></u> <i>Ages 5-6 Piece 6: Celebrating Me.</i> <i>Ages 7-8 Piece 5: Gender diversity</i> <i>Ages 8-9 Piece 1: Judging by appearances</i> <i>Ages 10-11 Piece 2: Understanding difference</i> <i>NB. In Jigsaw the focus is on accepting all people as unique individuals, not on transitioning itself.</i>
<b>Being married or in a civil partnership</b>	Marriage is no longer restricted to a union between a man and a woman but now includes a marriage between a same-sex couple. Same-sex couples can also have their relationships legally recognised as 'civil partnerships'. Civil partners must	<u><i>Celebrating Difference</i></u> <i>Ages 7-8 Piece 1: Families</i>

	not be treated less favourably than married couples (except where permitted by the Equality Act).	
<b>Being pregnant or on maternity leave</b>	Pregnancy is the condition of being pregnant or expecting a baby. Maternity refers to the period after the birth, and is linked to maternity leave in the employment context. In the non- work context, protection against maternity discrimination is for 26 weeks after giving birth, and this includes treating a woman unfavourably because she is breastfeeding.	<u><i>Celebrating Difference</i></u> <i>Ages 3-4/4-5 Piece 3: Families</i> <i>Ages 7-8 Piece 1: Families</i>
<b>Disability</b>	A person has a disability if she or he has a physical or mental impairment which has a substantial and long-term adverse effect on that person's ability to carry out normal day- to-day activities.	<u><i>Celebrating Difference</i></u> <i>Ages 10-11 Piece 5: Celebrating difference</i>
<b>Race including colour, nationality, ethnic or national origin</b>	Refers to the protected characteristic of Race. It refers to a group of people defined by their race, colour, and nationality (including citizenship) ethnic or national origins.	<u><i>Celebrating Difference</i></u> <i>Ages 9-10 Piece 2: Racism</i>
<b>Religion, belief or lack</b>	Religion has the meaning usually given to it but belief includes of religion/religious and philosophical belief/beliefs including lack of belief (such as Atheism). Generally, a belief should affect your life choices or the way you live for it to be included in the definition.	<u><i>Celebrating Difference</i></u> <i>Ages 9-10 Piece 1: Different Cultures</i>
<b>Sex</b>	A man or a woman.	<u><i>Celebrating Difference</i></u> <i>Ages 6-7 Pieces 1&amp;2: Boys and Girls</i>
<b>Sexual orientation</b>	Whether a person's sexual attraction is towards their own sex, the opposite sex or to both sexes.	<u><i>Celebrating Difference</i></u> <i>Ages 10-11 Piece 4: Boyfriends and girlfriends</i>