

PSHE at Manadon Vale Primary School

At Manadon Vale, PSHE is a vital part of our curriculum and plays an important role in promoting pupils' health, wellbeing and personal development. Supported by our school values, we aim to prepare our children for life by helping them understand and value who they are, develop positive relationships and understand how they relate to other people in an ever-changing world. We want our children to develop the knowledge, skills and confidence to stay safe and healthy and to manage their personal, social and academic lives in a positive way. With this in mind, we provide a broad and balanced PSHE curriculum that supports children's physical health, mental wellbeing, relationships and personal development. We recognise that children are most able to learn and thrive when they feel happy, safe and secure. Mental wellbeing is therefore an important part of our provision, alongside developing resilience, self-awareness, confidence and positive strategies for managing emotions and challenges.

PSHE is taught sensitively and inclusively, with respect for the different backgrounds, experiences, families and beliefs within our school community. Our curriculum supports our wider commitment to equality, inclusion and our work as a Rights Respecting School.

The most relevant areas of learning that contribute to our PSHE curriculum include:

- Communication and Language
- Personal, Social and Emotional Development
- Physical Development
- Understanding the World
- Relationships and Health Education

We use the Jigsaw scheme as the foundation of our whole-school PSHE curriculum. Jigsaw brings together PSHE education, emotional literacy, social skills and spiritual development through a comprehensive programme of learning. The curriculum is organised into six key themes, known as Puzzles: **Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me.**

Jigsaw is designed as a whole-school approach, with all year groups exploring the same Puzzle at the same time. Each Puzzle is introduced through a whole-school assembly, creating a shared focus and language across the school and providing opportunities for children and adults to learn and reflect together. Teaching approaches are varied and adapted to meet the needs of all learners, ensuring that every child can participate, contribute and develop their understanding.

	TERM1 Being Me in my World	TERM 2 Celebrating Difference	TERM 3 Dreams and Goals (Simple budgeting)	TERM 4 Healthy Me	TERM 5 Relationships	TERM 6 Changing Me
Foundation (Additional Resources from Tapestry)	Self Identity Understanding feelings Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal- setting Overcoming obstacles Seeking help jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
YEAR 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning charter	Similarities and differences Understanding bullying and knowing how to deal with it. Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievements with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend People who help us Qualities as a friend and person Self- acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences in female and male bodies (correct terminology) Linking growing and learning Coping with change transition
YEAR 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationship	Life cycles in nature Growing from young to old Increasing independence Differences in females and male bodies (correct terminology) Assertiveness Preparing for transition

YEAR 3	Setting personal goals Self-identify and worth Positivity on challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluate learning processes Managing feelings Simple budgeting	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluate learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others -British Values Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Protected characteristics Expressing appreciation for family and friends	Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
YEAR 4	Being part of a class Being a school citizen Rights, responsibilities and democracy (school parliament) -British Values Rewards and consequences Group decision making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance - protected characteristics Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is. First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friends Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and falling out Showing appreciation to people and animals	Being unique Confidence in change Accepting change Preparing for transition Puberty British values Protected characteristics

YEAR 5	Planning the forthcoming year Being a citizen Rights and responsibilities British Values	Cultural differences and how they can cause conflict Racism -protected characteristics Rumours and name calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Reducing screen time SMART internet safety rules	Self and body image Influence of online and media on body image Growing responsibly Coping with change Preparing for year 6 transition-B Changes in Puberty British values
YEAR 6	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-British values Anti-social behaviour	Perception of normality Understanding disability Power struggles Understanding bullying-protected characteristics Inclusions/exclusion Differences as conflict Difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility Emotions and mental health Managing stress	Identifying mental health worries and sources of support Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Respect Transition