



The mindful approach to PSHE

Primary PSHE scheme of work including statutory Relationships and Health Education

Jigsaw 3-11 offers a comprehensive Programme for Primary PSHE including statutory Relationships and Health Education, in a spiral, progressive and fully planned scheme of work, giving children relevant learning experiences to help them navigate their world and to develop positive relationships with themselves and others.

With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, Jigsaw 3-11 properly equips schools to deliver engaging and relevant PSHE within a whole-school approach. Jigsaw lessons also include mindfulness allowing children to advance their emotional awareness, concentration and focus.

The Jigsaw Structure

How the big picture fits together

Jigsaw consists of six half-term units of work (Puzzles), each containing six lessons (Pieces) covering each academic year.

Every Piece has two Learning Intentions, one specific to Relationships and Health Education (PSHE) and the other designed to develop emotional literacy and social skills.

Puzzles are launched with a whole-school assembly containing an original song, with each year group studying the same unit at the same time (at their own level), building sequentially through the school year, facilitating whole-school learning themes.

The various teaching and learning activities are engaging and mindful of different learning styles and the need for differentiation and the Early Years (EYFS) planning is aligned to the National Early Years Framework (England).

Jigsaw's Units of Work (Puzzles) are:

 <p>1. Being Me in My World Includes understanding my place in the class, school and global community as well as devising Learning Charters.</p>	 <p>2. Celebrating Difference Includes anti-bullying (cyber and homophobic bullying included) and diversity work.</p>
 <p>3. Dreams and Goals Includes goal-setting, aspirations for yourself and the world and working together.</p>	 <p>4. Healthy Me Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices.</p>
 <p>5. Relationships Includes understanding friendship, family and other relationships, conflict resolution and communication skills.</p>	 <p>6. Changing Me This puzzle includes sex and relationships education in the context of coping positively with change. (includes age-appropriate sex education)</p>