



# PSHE

## Puddletown First School

### KS1 and KS2



At PPuddletown First School we use Jig Saw to deliver much of our Personal Social and Health Education (PSHE). This is an established scheme of work that we believe supports the children well.

Jigsaw PSHE is a comprehensive and completely original Scheme of Work for the whole Primary School from Years R through to Year 4. It brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. SMSC (Spiritual, Moral, Social and Cultural) development opportunities are mapped throughout.

All of these pieces of learning are brought together to form a cohesive picture, helping children to know and value who they are and understand how they relate to other people in the world.

It is also used to deliver our Sex and Relationships Education – SRE

The half termly themes all year groups are:

Autumn 1:	Being Me in My World	Includes understanding my place in the class, school and global community as well as devising Learning Charters
Autumn 2:	Celebrating Difference	Includes anti-bullying and diversity work
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, working together to design and organise fund-raising events
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices



Summer 1: Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills
Summer 2: Changing Me	Includes Sex and Relationship Education in the context of looking at change



At the start of each half term there will be a whole school assembly to introduce the theme/puzzle and this will then be celebrated at the end of the half term with all classes sharing some of the learning that has taken place in class PSHE lessons.

Every class will have a different coloured Puzzle piece which has a name and this changes as they move through the school. These, along with examples of the learning taking place will be displayed in every classroom and your child will be able to talk to you about the puzzle for the half term.

Understandably the term 'Sex and Relationships Education' can cause some anxiety for parents and carers but please do not worry as they are age appropriate and carefully introduced. Later in the term we plan on holding an afternoon and after school session where parents can come in and view the materials being covered by each year group, and as parents you retain the right to withdraw your child from these sessions.

The main aims for SRE in our local Schools:

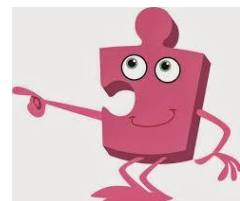
- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear)
- To help young people develop positive and healthy relationships **appropriate to their age, development** (respect for self and others)



- To support young people to have positive self and body-image, and to understand the influences and pressures around them (to be themselves)
- To make informed choices when they are considering starting a sexual relationship, so that they keep themselves safe and don't find themselves with an unplanned pregnancy or sexually transmitted infection.

**The SRE content for each Year Group Can be seen below;**

Year 1:	
PSHE (Personal, Social, Health education)	SEAL (Social, Emotional Aspects of learning)
I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK
I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometime they will happen whether I want them to or not
I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everyone grows at different rates
I can identify the parts of the body that make girls and boys different and can use the correct names for these: penis, testicles, vagina	I respect my body and understand which parts are private
I understand that every time I learn	I enjoy learning new things





Year 2:	
PSHE (Personal, Social, Health education)	SEAL (Social, Emotional Aspects of learning)
I can recognise cycles of life in nature	I understand there are some changes that are outside my control and can recognise how I feel about this
I can tell you about the natural process of growing from young to old and understand that this is not in my control	I can identify people I respect who are older than me
I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	I feel proud about becoming more independent
I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private	I can tell you what I like / don't like about being a boy / girl
I understand there are different types of touch and can tell you which ones I like and don't like	I am confident to say what I like and don't like and can ask for help
I can identify what I am looking forward to when I am in Year 3	I can start to think about changes I will make when I am in Year 3 and know how to go about this



**Year 3:**

<b>PSHE (Personal, Social, Health education)</b>	<b>SEAL (Social, Emotional Aspects of learning)</b>
I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals
I understand how babies grow and develop in their mother's uterus I understand what a baby needs to live and grow	I can express how I might feel if I had a new baby in my family
I understand that boys' and girls' bodies need to change so that when they grow up they can make babies  I can identify how boys' and girls' bodies change on the outside during this growing up process	I recognise how I feel about these changes happening to me and know how to cope with those feelings
I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up	I recognise how I feel about these changes happening to me and know how to cope with those feelings
I can start to recognise stereotypical ideas I might have about parenting and family roles	I can express how I might feel when my ideas are challenged and might be willing to change my ideas sometimes
I can identify what I am looking forward to when I am in Year 4	I can start to think about changes I will make when I am in Year 4 and know how to go about this





**Year 4:**

<b>PSHE (Personal, Social, Health education)</b>	<b>SEAL (Social, Emotional Aspects of learning)</b>
I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of the egg and sperm	I appreciate that I am a truly unique human being
I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
I can describe how a girl's body changes in order for her to have babies when she is an adult, and that menstruation (having periods) is a natural part of this	I have strategies to help me cope with the physical and emotional challenges I will experience during puberty
I know how the circle of change works and can apply it to the changes I want to make in my own life	I am confident enough to try and make changes when I think they will benefit me
I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
I can identify what I am looking forward to when I am in Year 5	I can start to think about changes I will make when I am in Year 5 and know how to go about this

- ❖ You are welcome to look through the year group Jigsaw folders which include every lesson plan and copies of the resources used.

