

Rationale for PSHRE

We follow the scheme of learning provided by Jigsaw for our P.S.H.R.E. This is because it fulfils the 2020 statutory requirements for Relationships, RSE and Health Education. The scheme covers:

- PSHE
- Emotional literacy
- Social skills
- Spiritual development
- SMSC

The key concepts ('big ideas') that shape what pupils will explore are:

- Mindfulness
- Managing behaviour and emotions
- Improving relationships
- Increasing concentration and learning

Our curriculum is split into termly units of work for focussing on specific aspects:

- Being me in my world
- Celebrating difference
- Dreams and goals
- Healthy me
- Relationships
- Changing me

Mastery and depth of learning is defined as:

- Mastery (end of milestone): pupils meeting or mastering the end of key stage expectations and progress over time.
- Depth (day to day/across a year): pupils understanding lesson content well enough and being able to use and/or apply knowledge/skills

Nothing is learned unless it rests in long-term memories

