

PSHE

Here, at Tweendykes School we value PSHE as one way to support children’s development as human beings, to enable them to understand and respect who they are, to empower them and to make sure they are as safe as they can be now, and in the future. At the heart of the curriculum is a co-ordinated and child centred approach to safeguarding and promoting the welfare of children and young people.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme. Pupils will also have their Personal PSHE outcomes through their EHC. To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to your children’s needs.

Whole-school approach

Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

PSHE Long Term Plan (2 Year Rolling Programme)			
Year 1			
	Autumn Term	Spring Term	Summer Term
Jigsaw focus	Being Me in my world	Dreams and Goals	Changing Me
RSE focus (EHCP)	Being Safe in the community	Public and Private	Self-Care and getting dressed
Enrichment Days	National Fitness Day World Mental Health Day Global Handwashing Day International Stress Awareness Week	Safer Internet Day LGBT history month Childrens Mental Health week	World Hand Hygiene Day Sun Awareness Week Mental Health Awareness

Year 2			
	Autumn Term	Spring Term	Summer Term
Jigsaw focus	Celebrating Differences	Healthy Me	Relationships
RSE focus (EHCP)	Being a good friend	Public and Private	Consent
Enrichment Days	Black History Month Domestic Violence awareness/ White Ribbon Day Antibullying week Road safety week	Brain Awareness Week International Day of Happiness International Transgender Day of Visibility World Health Day	Child Safety Week RSE Day National School Sport Week

Every half term your child’s class teacher will send home a letter, explaining what your child will be learning, ideas for home and any specific language that they are introduced to.

As a school we are choosing to teach Sex Education as part of our whole School PSHE curriculum.

What will my child actually be taught about puberty and human reproduction?

Jigsaw’s ‘Changing Me’ unit is taught over a period of one term. Although we recognise that some pupils will need access to this learning throughout the year. Each year group will be taught appropriate to their age and developmental stage, building on the previous years’ learning. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The

question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me Puzzle is all about coping positively with change and includes:

Phase 1- Lower School

Growing up: how we have changed since we were babies.

Boys' and girls' bodies; correct names for body parts.

Phase 2- Upper School

Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.

Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

Sixth Form

Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams.

We value your ideas and comments and you are welcome to read the information attached to this page and email any comments to

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