

Curriculum Intent

PSHE (Jigsaw)	
<p style="text-align: center;"><i>“When we can talk about our feelings, they become less overwhelming, less upsetting and less scary” – Fred Rogers</i></p>	
<p>Why should children learn this subject?</p>	<p>PSHE stands for Personal, Social, Health and Economic education. PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. Relationships and sex education should form a key part of this, as should learning about physical, mental and emotional health. The Jigsaw scheme is known as the mindful approach to PSHE.</p>
<p>What will children learn to do in this subject?</p>	<p>At Brackenwood Junior School, children will learn about:</p> <ul style="list-style-type: none"> • What is meant by a healthy lifestyle • How to maintain physical, mental and emotional health and wellbeing • How to manage risks to physical and emotional health and wellbeing • Ways of keeping physically and emotionally safe • How to manage change, including puberty, transition and loss • How to make informed choices about health and wellbeing, and where to get help with this • How to respond in an emergency • To identify different influences on health and wellbeing • How to develop and maintain a variety of relationships, within a range of social and cultural contexts • How to recognise and manage emotions within relationships • How to respond to risky or negative relationships. • How to respond to risky or negative relationships and ask for help • How to respect equality and diversity in relationships • Respect for themselves and others, and the importance of responsible actions and behaviour • About rights and responsibilities as members of families, other groups and citizens • About different groups and communities • To respect equality and diversity • About the importance of respecting and protecting the environment
<p>How will we inspire them?</p> <p style="text-align: center;">-</p>	<ul style="list-style-type: none"> • Setting ambitious goals for individuals, groups and classes. • Using the outdoor environment as a stimulus where applicable. • Teaching a range of different techniques for self-soothing • Linking tasks to other National Curriculum subjects • Displaying and celebrating children’s work
<p>Local and Cultural Links</p>	<p>Children will:</p> <ul style="list-style-type: none"> • Develop an appreciate of local cultural influences • Participate in cultural opportunities • Understand, accept, respect and celebrate diversity • Link their learning to British Values and Children’s Rights

