

## PSHE curriculum: Intent, Implementation and Impact

### Intent - Why is PSHE taught?

PSHE is a vital part of a child's education as it allows children to acquire the knowledge, understanding and skills that are needed to manage their lives, both now and in the future. With our programme of study having a huge focus on mindfulness, mental health and well-being, we hope our pupils will be equipped with the skills to identify and manage their emotions and different situations they may face. We want our pupils to leave our school as responsible, independent citizens.

### Implementation – How is it taught?

At St. Mark's, a 45 minute PSHE lesson is timetabled every week. The planning follows a new programme of study - JIGSAW, which covers both PSHE and SEAL objectives, and this is delivered by the class teacher. JIGSAW combines PSHE Education, emotional literacy, mindfulness, social skills and spiritual development. Every year group will be taught the same unit at the same time, which allows for a feeling of community across the school. PSHE lessons are taught discretely from the rest of the curriculum, apart from eSafety which is also taught in Computing lessons. Sex and Relationship Education is delivered in Term 6 during the unit 'Changing Me', and this is a tailored plan for each individual year group to meet the needs of the different age groups.

A PSHE lesson is taught following the JIGSAW journey. This consists of 6 main sections of lesson, which are: Connect Us, Calm Me, Open my Mind, Tell me or Show me, Let me Learn and Help me Reflect. It is important teachers follow this structured journey so children receive a high quality, focused lesson. Videos, stories, discussions and written tasks are valuable resources for lessons, and there are some books available for specific objectives being covered.

### Impact

- Pupils are more aware of their own emotional and physical health, and are able to identify their own emotions and learn strategies to deal with them.
- Pupils will leave St. Mark's equipped with valuable tools to manage secondary school and life beyond, and will behave as responsible, independent citizens in their community.
- Pupils have positive relationships with their peers and adults in and out of school.
- Pupils learn about challenges they will/may face as they grow older and how to deal with these.
- Pupils know where to go and who to ask with questions/problems related to Sexual health.
- Pupils feel safe and know how to be safe online, and what to do if they recognise a problem online.
- Pupils know what learning characteristics are required to be successful learners.
- Our pupils maintain a positive self-image, despite the impact of the media/advertising/tests.
- Pupils feel confident enough to ask questions.