

PSHCE Overview

Intent

At Downsview Primary and Nursery School we support all our children to develop socially and emotionally by teaching them the knowledge, skills and attributes they need to keep themselves happy, healthy and safe, both mentally and physically. The mental well-being of our children is a key priority here at Downsview, as is the aim to enable them to understand and reflect on their feelings and those of others, ultimately developing a deep sense of empathy. It's this ethos that forms the basis for the excellent relationships and behaviour for learning at our school.

We aim to develop a culture of inclusion and diversity in which all those connected to the school feel proud of their identity and are able to participate fully in school life. We will tackle discrimination by the positive promotion of equality, challenging bullying and stereotypes and creating an environment which champions respect for all. At Downsview, we believe that diversity is a strength, which should be respected and celebrated by all those who learn, teach and visit here. We are committed to providing our pupils with a broad, balanced, enriched and inspiring curriculum, which is accessible to all. It is our ambition to develop the potential of all individuals to prepare them for their roles as adult members of our society. We understand the need to support our community through this change and our challenge is to educate all stakeholders in their social and legal responsibility to respect others without judgement.

The intent of PSHCE in our primary school is to provide a broad and balanced curriculum that supports children in developing the knowledge, skills, and attributes necessary to thrive socially, emotionally, and academically. We aim to equip pupils with a deep understanding of their rights and responsibilities, promoting British values, resilience, and positive mental health. Our overarching intention is to empower pupils to make informed decisions, understand and contribute positively to society, and foster respectful relationships.

Implementation

We have adopted the Jigsaw whole-school approach which embodies a positive philosophy through creative teaching and learning activities to nurture children's development as compassionate and well-rounded human beings as well as building their capacity to learn. Jigsaw is a mindful and child-centred approach to PSHCE. The scheme of work fosters resilience, self-awareness, and empathy, empowering our children to navigate an ever-changing world.

Our lessons have two main aims for all our children:

- To build their capacity for learning
- To equip them for life

Jigsaw brings together physical, social, health education as well as emotional literacy, mindfulness, social skills and spiritual development. It is designed as a whole school approach, with all year groups working on the same theme at the same time at their own level. Each lesson is age appropriate and designed to meet all of the children's needs. During the lessons, the children use 'Jigsaw Friends' (jigsaw-shaped soft toys) as a teaching aid as well as chimes to promote a calm, mindful environment.

As a school our values underpin our whole curriculum but in PSHCE we've taken the opportunity to highlight the links between them and the 6 half termly Jigsaw topics.

Autumn 1- Being Me In My World

Autumn 2- Celebrating differences

Spring 1- Dreams and Goals

Spring 2- Healthy Me

Summer 1- Relationships

Summer 2- Changing Me

Year	Autumn 1 – Being me in My world	Autumn 2 –celebrating differences	Spring 1- Dreams & Goals	Spring 2- Healthy Me	Summer 1- Relationships	Summer 2- Changing Me
Nursery	Self-identity Understanding feelings Being gentle and kind Rights and responsibilities	Identifying talent Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Falling out Dealing with tricky relationships Being a good friend	Bodies Respecting my body Growing up Growth and change Celebrations
Reception	Self-identity Understanding feelings Being in a classroom Being gentle and kind Rights and responsibilities	Identifying talent Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Year 2	Hopes and fears for the year Rights and responsibilities	Assumptions and stereotypes about gender Understanding bullying	Achieving realistic goals Perseverance Learning strengths Learning with	Motivation Healthier choices Relaxation Healthy eating and	Different types of family Physical contact boundaries Friendship	Life cycles in nature Growing from young to old Increasing independence

	Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	others Group co-operation Contributing to and sharing success	nutrition Healthier snacks and sharing food	and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Year 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Year 4	Being part of a class Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility

	Democracy, having a voice, participating	happiness Enjoying and respecting other cultures			Reducing screen time Dangers of online grooming SMARTT internet safety rules	Coping with change Preparing for transition
Year 6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transitions after primary school

Impact - Expectation of PSHE

At Downsview, we continuously assess the implementation and impact of our lessons so that all pupils gain, attain and grow as lifelong learners and ensure that we provide the support that is necessary for all pupils to achieve whether that be in class or with additional identified support.

By the time children leave our school they will:

- have a ready willingness and ability to try new things,
- push themselves and persevere even when things become a little tricky,
- have a good understanding of how to stay happy, safe and healthy both physically and mentally
- be able to develop and keep good relationships with their peers
- have an appreciation of what it means to be a positive member of a diverse, multicultural society.
- have a strong self-awareness, interlinked with compassion of others.