



# Tudor Court Primary

## Whole school approach to PSHE & RSE

### 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) taught across the school; the learning deepens and broadens every year.

At Tudor Court, we allocate one hour to PSHE each week to teach the PSHE knowledge and skills in a developmental and age-appropriate way.

Term	Puzzle (Unit)	Content
<b><i>Autumn 1:</i></b>	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
<b><i>Autumn 2:</i></b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
<b><i>Spring 1:</i></b>	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
<b><i>Spring 2:</i></b>	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
<b><i>Summer 1:</i></b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
<b><i>Summer 2:</i></b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

These explicit lessons are reinforced and enhanced in many ways:

Assemblies and collective worship, praise/reward systems, Learning Charters, through relationships child to child, adult to child and adult to adult across the school. We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Class teachers deliver the weekly lessons to their classes.