

PSHE CURRICULUM

STATEMENT OF INTENT

The development of self-awareness, social skills, managing feelings, motivation and empathy is contributed to in every lesson of PSHE at Three Peaks. We use the Jigsaw scheme to ensure a robust and varied curriculum that has clear progression of skills throughout the school. The key focus areas for each year group are:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Progression throughout year groups is highlighted for each of the strands in individual folders and builds upon previously taught skills.

Our child-focussed approach is reflected in the way that lessons are structured. Each unit of learning aims to achieve the following outcomes (Jigsaw Pieces):

- Improve their social skills to better encourage collaborative learning (Connect us)
- Prepare them for learning (Calm me)
- Help the brain to focus on specific learning intentions (Open my mind)
- Initiate new learning (Tell me or show me)
- Facilitate learning activities to reinforce the new learning (Let me learn)
- Support them in reflecting on their learning and personal development (Help me reflect).

We aim to teach a PSHE curriculum that enables children to be confident individuals who are able to manage their emotions and reflect on the thoughts and feelings of others. Mindfulness and awareness of self is central to our practise.

**THREE PEAKS
PRIMARY
ACADEMY**
*Creative
Education
Trust*