



## Overview of PSHE



### Jigsaw - The mindful approach to PSHE

<b>Year group</b>	<b>Reception - Year 6</b>		
	<b><u>Theme title</u></b>	<b><u>Jigsaw - puzzles</u></b>	<b><u>Values</u></b>
<b>Autumn 1</b>	Being Me in My World	Each puzzle has six pieces (lessons) which work towards an end product. Each piece has two learning intentions: one is based on PSHE learning (national framework enhanced) and one is based on emotional literacy and social skills (SEAL enhanced). The enhancements mean that Jigsaw is relevant to children living in today's world as it helps them to understand and be equipped with issues like body image, cyber and homophobic bullying, and internet safety.	Responsibility
<b>Autumn 2</b>	Celebrating Differences		Tolerance
<b>Spring 1</b>	Dreams and Goals		Determination
<b>Spring 2</b>	Healthy Me		Empathy
<b>Summer 1</b>	Relationships		Patience
<b>Summer 2</b>	Changing Me (including Sex Education)		Trust