

## Personal, Social, Health and Economic Education

PSHE education is central to all of our teaching at Southwick Primary School and runs alongside our school values. We deliver PSHE at Southwick using the Jigsaw scheme of work, which meets the statutory requirements for RSE. Jigsaw is split into different 'puzzles' which are revisited each year. It offers a mindful, spiralled approach to PSHE enabling children to revisit different themes and experiences at a level that is appropriate to them.



Puzzle 1	Puzzle 2	Puzzle 3	Puzzle 4	Puzzle 5	Puzzle 6
<b>Being Me in my World</b>	<b>Celebrating Difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
These units support the children to understand their rights <b>and</b> responsibilities in the classroom, in school, in the local community and in the global community.	Through these units, the children explore diversity and learn to celebrate the similarities and differences between us. This unit also Includes learning around all forms of bullying, including cyber bullying and homophobic bullying.	In these units, the children learn about goal setting and explore the aspirations they have for themselves and the world and the importance of working together.	It's important to be healthy! These units Include themes such as self-esteem and confidence, drug and alcohol education, as well as healthy lifestyle choices.	To support the children in building strong healthy relationships, these units explore family, friendship and other relationships, conflict resolution and communication skills.	This puzzle covers sex and relationships education at an age appropriate level. in a context of coping positively with change.