

Curriculum Ambitions for Physical Education at Parkside Community Primary School

Key resources to support our PE Curriculum

- KS1/KS2 National Curriculum guidance: <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe>
- Jigsaw Programme: <https://jigsawpshe.com/home>
- Parkside's RSE policy and guidance: <https://parkside.herts.sch.uk/sre/>
- Importance of PSHE in schools: <https://www.cre8tiveresources.com/the-importance-of-pshe-education-in-schools/>

Curriculum Ambitions	To ensure all staff are confident in using the Jigsaw materials	Skills are taught progressively throughout the year and across each year group	To Promote PSHE in the wider curriculum	Ensure that the statutory Relationship and sex education curriculum is taught well and information is regularly shared/updated with our families
Reasoning	To ensure our staff feel confident and supported within their delivery of our PSHE Curriculum. If staff feel confident, then they will enjoy and feel competent when teaching a wide range of skills and dealing with a variety of important issues in our children's lives.	To ensure our children will gain the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. In an ever-changing world, it is important that they are aware, to an appropriate level, of different factors which will affect their world and that they learn how to deal with these so that they have good mental health and well-being	We believe that focusing on developing a 'Positive Mindset' in our children will help them to build resilience, independence and confidence; embrace challenge; foster a love of learning; and increase their level of happiness.	<p>To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion</p> <p>To help young people develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others)</p> <p>To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them</p> <p>To empower them to be safe and safeguarded</p>
Progression of Skills	CPD staff meeting with a Jigsaw consultant to share ideas about how best to use the materials and to inform	PSHE is taught through Jigsaw's six half termly themes with each year group studying the same unit at the same time (at their own level):	We do this through the language we use in class, praising children for their efforts, and using language to encourage children to change their way of thinking. This	EYFS: As outlined in Development Matters, Personal, Social and Emotional Development is a prime area of learning in Nursery and Reception classes. Through the EYFS Curriculum children are taught to play co-operatively,

<p>staff of any updates and new materials</p>	<p>Autumn 1: Being Me in My World Autumn 2: Differences (including anti-bullying) Spring 1: Dreams and Goals Spring 2: Healthy Me Summer 1: Relationships Summer 2: Changing Me (including Sex Education)</p> <p>It also identifies links to British Values, and SMSC and is taught in such a way as to reflect the overall aims, values, and ethos of the school.</p> <p>Jigsaw's progressions of skills:</p> <p>Being Me: https://parkside.herts.sch.uk/wp-content/uploads/2020/10/01-BM-Jigsaw-Skills-and-knowledge-progression-for-parents.pdf</p> <p>Celebrating Differences: https://parkside.herts.sch.uk/wp-content/uploads/2020/10/02-CD-Jigsaw-Skills-and-knowledge-progression-for-parents.pdf</p> <p>Dreams and Goals: https://parkside.herts.sch.uk/wp-content/uploads/2020/10/03-DG-Jigsaw-Skills-and-knowledge-progression-for-parents.pdf</p> <p>Healthy Me: https://parkside.herts.sch.uk/wp-content/uploads/2020/10/04-HM-</p>	<p>supports both our school and PSHE aims and values as we look to inspire our children's love of learning.</p> <p>PSHE, including SMSC and BV is an integral part of the whole school curriculum, and is therefore often taught within another subject area.</p> <p>We encourage our pupils/staff to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.</p>	<p>taking turns with others, and learn to show sensitivity to others' needs and feelings. Children are shown how to form positive relationships with adults and other children and they talk about how they and others show feelings. Whilst learning about Understanding the World, children learn that others do not always enjoy the same things and they are taught about similarities and differences between themselves and others, and among families, communities and traditions. Children make observations of animals and plants and explain why some things occur, and talk about changes.</p> <p>Key Stage 1: That animals including humans, move, feed, grow and use their senses and reproduce; To recognise and compare the main external parts of the bodies of humans; That humans and animals can reproduce offspring and these grow into adults; To recognise similarities and differences between themselves and others; To treat others with sensitivity.</p> <p>In Key Stage 2: That the life processes common to humans and other animals including nutrition, growth and reproduction; About the main stages of the human life cycle.</p> <p>In Year 5 we teach the children about the parts of the body and how they work. We also explain what will happen to their bodies during puberty. We encourage the children to ask for help if they need it and there are opportunities for single sex question sessions. Teachers do their best to answer all questions with sensitivity and care. Through the Computing curriculum, children in Year 6 will learn about appropriate use of social media,</p>
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Experiences we could offer	<p>Observed lessons show progression of children's learning</p> <p>Teaching staff will have an increased subject knowledge and improved skills at delivering the curriculum which will lead to more children securing strong foundations to promote their own wellbeing.</p> <p>Children to be confident with using and sharing strategies to promote their mental health</p> <p>Staff meeting time allocated to discuss impact of PSHE and to</p>	<p>The children are introduced to the Jigsaw Family. Each year group have a puzzle piece who helps them with their thinking and talking in PSHE lessons. Jigsaw Jenie helps in Year R, Jigsaw Jack helps in Year 1 and Jigsaw Jo helps in Year 2. Jerrie Cat and the Chime helps all the children with mindfulness and Calm Me Time.</p>	<p>Promote cultural diversity through assemblies and special focus weeks/months.</p> <p>Mental Health awareness days with Place2be</p> <p>Joy of Moving and Positive Minds programmes led by Watford FC</p> <p>Displays around school - KS2 corridor / Main Hall promoting PSHE themes, charters displayed in classrooms.</p> <p>Educational trips offsite to promote key learning such as British Values (Whole School trip to London)</p>	<p>Parent information sessions</p> <p>Worry boxes for children</p> <p>Visits from School nurse to check hearing and vision in our younger children while Year 6 have their height and weight checks.</p>

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