

Lickey Hills Primary School and Nursery - School Newsletter

Curriculum Corner - PSHE

At Lickey Hills Primary School, we place huge value on supporting our children to develop both academically and as individuals learning about themselves and the communities around them. We use We use Jigsaw to support our PSHE/C - Personal, Social, Health economic and citizenship curriculum as well as our learning in SRE - Sex and Relationship Education. Jigsaw is a unique, spiral, progressive scheme of work, aiming to prepare children/young people for life, helping them really know and value who they are and understand how they relate to other people in this ever-changing world. There are 6 key areas visited each year, by each year group: Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me. In this Curriculum Corner, we will look at an example of learning in each.

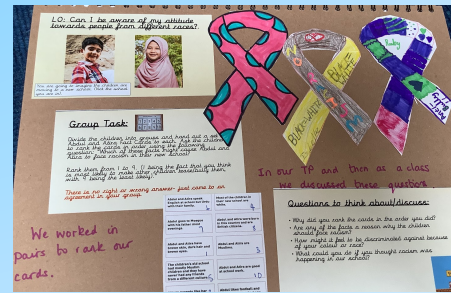
Being Me in My World

In this theme, children learn about how they are all unique, recognise their self-worth and identify positive things about themselves and their achievements. They learn about rights and responsibilities; how to work collaboratively, how to listen to each other. They explore and set classroom rules for the coming year. In Year 5 and 6, children explore this further through learning about democracy and how they contribute towards this.



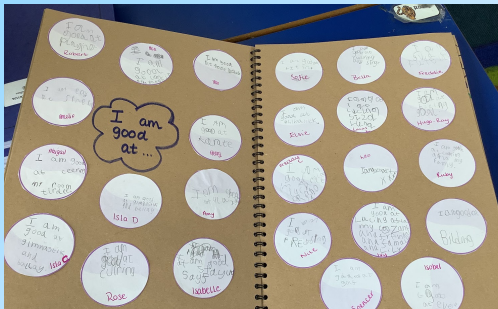
Celebrating Difference

In this thread, the children explore the similarities and differences between people and how these make us unique and special. The children learn what bullying is, what it isn't and how to deal with the emotions and impact of this.



Dreams and Goals

The children explore setting realistic goals and how they can achieve them in this theme. They look at how to overcome challenges and explore the feelings associated with facing obstacles to achieving their goals.



Healthy Me

Children explore ways to keep themselves safe and healthy in this theme. They learn about the effect of a healthy lifestyle on their bodies and explore ways to keep safe, such as sun and road safety. In Upper KS2, children learn about the effects of drug and alcohol use and begin to explore the role peer pressure plays on their life choices.



Relationships

During this theme, children learn about the key relationships during their life, such as families and friendships. They learn about the importance of cooperation, appreciation and trust in relationships. In Year 4, children begin to focus on the emotional aspects of relationships and friendships and this is developed further in Year 5 and 6, when pupils explore their own mental health and wellbeing.



Changing Me

In this topic, children compare different life cycles in nature, including that of humans. They learn to identify parts of their bodies and the changes that happen as we grow and develop. Children develop a range of skills to help manage their feelings and learn how to access help if they are worried about change, or if someone is hurting them.

In Key Stage 2, children begin to learn about changes that happen during puberty. At the end of this theme, children look at transition to their new school or next class and think about what they are looking forward to or are worried about and how to prepare themselves mentally.