How we teach PSHE at High Littleton Primary School

Curriculum Overview: Jigsaw PSHE

At High Littleton Primary School, we deliver our Personal, Social, Health and Economic (PSHE) education using the **Jigsaw PSHE scheme**. Jigsaw provides a comprehensive, mindful, and progressive curriculum designed to equip children with essential life skills, emotional literacy, social skills, and spiritual development.

Implementation

The Jigsaw curriculum is implemented systematically across all year groups from Foundation Stage to Year 6:

- **Six Puzzles (Units):** The curriculum is structured around six key themes taught sequentially across the academic year: *Being Me in My World*, *Celebrating Difference*, *Dreams and Goals*, *Healthy Me*, *Relationships*, and *Changing Me*.
- **Weekly Lessons:** PSHE is taught weekly in dedicated lessons to ensure consistent progression and ongoing discussion.
- **Mindful Approach:** Every lesson includes 'Calm Me' time, introducing mindfulness practices that help pupils focus their attention, manage their emotions, and build resilience.
- **Inclusive Environment:** Lessons use charter rules and soft toy visual anchors (Jigsaw Friends) to create a safe, respectful space for sharing and discussion.

Lesson Structure:

Each Jigsaw lesson follows a structured, six-part learning process to support step-by-step development:

- **Connect us:** An introductory activity or game designed to build trust, cooperation, and positive group dynamics.
- **Calm me:** Mindfulness exercises using breathing techniques to help children center their focus and prepare for learning.
- **Open my mind:** Introduces the main theme or topic of the session through key questions or engaging scenarios.
- **Tell me or show me:** Direct teaching of new concepts, skills, or knowledge using interactive tasks and multimedia resources.
- **Let me learn:** Group work, paired discussions, or independent tasks where pupils apply their new learning in practical context.
- **Help me reflect:** Reflection time where children consider how their learning applies to their own lives and emotional development.

