



PSHE

The Subject Vision

At Fleetville Junior School, PSHE is at the heart of our **Personal Growth** curriculum pillar. Delivered primarily through the Jigsaw scheme of work, our curriculum equips pupils with the knowledge, emotional literacy and resilience to make informed decisions, build respectful relationships, so that they can navigate modern society. By embedding PSHE across our entire school ethos, we empower children to **learn with courage** - tackling difficult conversations, challenging stereotypes, and understanding their changing bodies - and **live with kindness** by fostering empathy, inclusivity, and active citizenship.

Our PSHE curriculum focuses on four key areas:

- **Emotional Literacy & Mental Wellbeing:** Developing an extensive vocabulary to name and manage feelings, practising mindfulness to support executive functioning and self-regulation, and learning when and how to seek help.
- **Relationships & Community:** Understanding diverse family structures, building healthy friendships, managing conflict with empathy, and challenging stereotypes and discriminatory behaviour.
- **Health, Safety & Changing Bodies:** Gaining age-appropriate understanding of physical health, sleep, nutrition, basic first aid, digital safety, puberty, and human reproduction.
- **Living in the Wider World:** Developing economic literacy (spending, saving, work), exploring rights and responsibilities, and embedding British Values and active citizenship.

The Learning Journey

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Year 3	Behaviour curriculum	Celebrating differences	Dreams and goals	Healthy me	Relationships	Changing me
Year 4	Behaviour curriculum	Celebrating differences	Dreams and goals	Healthy me	Relationships	Changing me
Year 5	Behaviour curriculum	Celebrating differences	Dreams and goals	Healthy me	Relationships	Changing me
Year 6	Behaviour curriculum	Celebrating differences	Dreams and goals	Healthy me	Relationships	Changing me

Implementation

- Every academic year opens in Autumn 1 with our explicit Fleetville Behaviour Curriculum. Establishing clear learning routines and behavioural expectations ('Ready, Respectful, Safe') minimises cognitive load, freeing working memory and strengthening executive functioning so pupils can focus entirely on learning.
- Autumn 1, all year groups follow the same overarching Jigsaw units at the same time. Concepts are revisited annually with increasing depth and complexity, matching pupils' cognitive maturity as they progress through the school.
- The 45-Minute weekly lessons are built around the Jigsaw structure.
- Weekly themed assemblies reinforce PSHE topics, occasionally complemented by expert visitor initiatives such as the NSPCC *Speak Out Stay Safe* programme.
- Learning is woven into everyday school life through playground conflict-resolution strategies, classroom Jigsaw Learning Charters, vocabulary displays, and the Whole Child Award celebrating courage and kindness.
- Our outdoor curriculum is deliberately designed to promote emotional self-regulation and real-world social development. Structured initiatives, such as our Year 6 Buddies supporting Year 3 pupils, give older children practical leadership responsibilities while helping younger peers navigate transition, build confidence, and manage social interactions in shared spaces.

Support

- Teachers scaffold discussion through targeted questioning and varied talk formats (e.g. think-pair-share, small group dialogue) to give all pupils processing time to articulate their thoughts without cognitive overload.
- Teachers know their children and family backgrounds well, allowing them to approach sensitive topics (such as family structures, loss, or body changes) with care, adapting examples and discussions to protect pupil dignity and emotional wellbeing.
- Establishing explicit ground rules for respectful dialogue based on Fleetville's Behaviour Expectations ('Ready, Respectful, Safe'), ensuring a safe, non-judgmental space where children feel secure sharing their perspectives.

Impact

- **Ongoing assessment:** Class discussions, oracy tasks, role-play reflections, and pupil voice surveys.
- **The Ultimate Test:** Our children leave Fleetville with a strong awareness of their own identity, practical tools to self-regulate, and the confidence to share their thoughts and feelings. They know who their trusted adults are, understand the vital importance of kindness, and celebrate difference and diversity as defining strengths. Equipped with an understanding of healthy lifestyle choices, body changes, and the full breadth of PSHE their worries are reassured, and they step into secondary school fully prepared to navigate relationships, challenge stereotypes, and thrive.