



Chambersbury PSHE Curriculum

Intent

At Chambersbury Primary School, our PSHE curriculum, including Relationships, Sex and Health Education (RSHE), is designed to ensure that all pupils develop the knowledge, skills and attributes needed to lead safe, healthy and fulfilling lives. Rooted in statutory RSHE guidance and the National Curriculum, and delivered through the Jigsaw PSHE scheme, our curriculum provides a broad, balanced and progressive programme for every child.

Our intent is shaped by an ongoing understanding of our school context and pupil demographics, ensuring that provision is inclusive and responsive to the needs of all learners, including SEND and disadvantaged pupils. We aim to develop pupils' emotional literacy, resilience, self-awareness and understanding of relationships, alongside key life skills such as communication, empathy, respect and responsible decision-making.

Our curriculum reflects and promotes our school values:

- **Working Together** – developing positive and respectful relationships
- **Champions Choose** – encouraging resilience, confidence and responsible choices
- **Chambersbury** – ensuring every child feels valued, included and able to succeed

Through the structured and progressive Jigsaw PSHE scheme, we aim to deliver a progressive, spiral curriculum that supports children's personal development across six key themes:

- Being Me in My World
- Celebrating Difference
 - Dreams and Goals
 - Healthy Me
 - Relationships
 - Changing Me

Pupils develop knowledge, skills and vocabulary progressively from Reception to Year 6.

By the end of Key Stage 2, pupils are emotionally literate, resilient and equipped to manage relationships, stay safe and navigate the wider world with confidence.

Implementation

At Chambersbury Primary School, PSHE is implemented through the structured and progressive Jigsaw PSHE scheme, ensuring consistency and depth across all year groups, full coverage of statutory RSHE requirements and a comprehensive whole-school approach to personal development.

Teaching and learning are carefully sequenced using a whole-school curriculum map, which clearly outlines units, knowledge, skills and vocabulary from Reception through to Year 6. Each half-termly unit (Jigsaw "puzzle") builds progressively on prior learning, ensuring depth, consistency and clear progression across the school.

All lessons contain clear learning objectives, emotional literacy development and opportunities for reflection and discussion. Each lesson follows a consistent structure:

- **Connect Us** – building relationships, group cohesion and a safe learning environment
 - **Calm Me** – developing mindfulness and emotional regulation
 - **Open My Mind** – introducing new knowledge and concepts
- **Tell Me or Show Me** – applying learning through discussion and activities
- **Let Me Learn** – consolidating understanding independently or collaboratively

Our implementation reflects our core values of Working Together, Champions Choose and supporting the Chambersbury community to be Change Makers:

- Encouraging respectful discussion, empathy and collaboration in all lessons
 - Promoting resilience, self-belief and responsible decision-making
- Providing inclusive opportunities so every child can participate and succeed

RSHE is embedded throughout the curriculum, particularly within the **Relationships**, **Healthy Me** and **Changing Me** units. Content is statutory and aligned with DfE guidance, taught in an age-appropriate, culturally sensitive and inclusive manner, ensuring pupils understand healthy relationships, personal safety, physical and emotional changes, and how to seek help. In line with statutory guidance, parents and carers have the right to request that their child be withdrawn from the non-statutory sex education elements of RSHE; requests are considered in accordance with the school's RSHE policy, and alternative provision will be made where appropriate.

Teachers adapt lessons to meet the needs of all pupils, including SEND and disadvantaged pupils, through scaffolding, adapted resources and targeted support. A strong emphasis is placed on creating a safe and supportive classroom environment, underpinned by clear ground rules and safeguarding principles.

Assessment is ongoing and informed by teacher observation, questioning, pupil discussion and the use of Jigsaw assessment materials. This enables teachers to identify next steps and ensure all pupils make progress in knowledge, skills and attitudes.

PSHE is further enhanced through assemblies, themed days, wellbeing initiatives and opportunities for pupil voice. Staff and pupil feedback, gathered through questionnaires and discussion, is used to refine planning and ensure PSHE remains relevant, engaging and responsive to the needs of pupils' needs in our school community.

Impact

As a result of the consistent and well-sequenced implementation of the Jigsaw PSHE curriculum, pupils at Chambersbury Primary School develop the knowledge, skills and attitudes needed to thrive both now and in the future.

The impact of our PSHE curriculum is evident in:

- Pupils who demonstrate strong emotional literacy, self-awareness, resilience, wellbeing, and the ability to manage their feelings effectively
- Clear progression in knowledge, understanding and use of PSHE and RSHE vocabulary across all year groups
- Pupils who build and maintain positive, respectful relationships, showing empathy and understanding of others
- Increased confidence in discussing important topics such as wellbeing, relationships, safety and change
 - Improved mental health and wellbeing
 - Reduction in behavioural incidents
- Pupils who understand how to keep themselves safe, including online, and know how to seek help when needed
- Positive attitudes towards challenge, responsibility and personal development, reflecting our value of Champions Choose

Pupil voice, staff feedback and assessment information show that pupils value PSHE, feel safe to express themselves and are confident in applying their learning to real-life situations. The curriculum contributes to positive behaviour, strong relationships and a supportive school ethos.

By the end of Key Stage 2, pupils leave Chambersbury as confident, respectful and resilient individuals, well prepared for the social, emotional and physical changes of secondary school and equipped with the knowledge and skills needed for lifelong wellbeing.