

Overview of PSHE & C at Tregoze

Jigsaw – The mindful approach to PSHE

Year group	<u>Reception – Year 6</u>		
	<u>Theme title</u>	<u>Jigsaw -puzzles</u>	<u>Values day theme</u>
Autumn 1	Being Me in My World	Each puzzle has six pieces (lessons) which work towards an end product. Each piece has two learning intentions: one is based on PSHE learning (national framework enhanced) and one is based on emotional literacy and social skills (SEAL enhanced). The enhancements mean that Jigsaw is relevant to children living in today's world as it helps them to understand and be equipped with issues like body image, cyber and homophobic bullying, and internet safety.	Responsibility
Autumn 2	Celebrating Differences		Tolerance
Spring 1	Dreams and Goals		Trust
Spring 2	Healthy Me		Empathy
Summer 1	Relationships		Patience
Summer 2	Changing Me (including Sex Education)		Trust