



Holy Trinity CofE Primary School PSHE and RSE Curriculum Overview

Rationale

At Holy Trinity we are aspirational for all children and aim for each child to live life to the full. At Holy Trinity, our Personal, Social, Health and Economic Education (PSHE) and Relationships and Sex Education (RSE) curriculum is designed to promote the holistic development of every child. We aim to equip our pupils with the knowledge, skills, and attributes they need to manage their lives now and in the future. Our intent is centred around the following key principles:

1. **Personal Development:** We aim to foster self-awareness, self-esteem, and an understanding of emotions, enabling pupils to develop into confident, resilient individuals who understand their own worth.
2. **Positive Relationships:** Our curriculum encourages respect, empathy, and positive relationship-building, ensuring that pupils understand the importance of forming healthy relationships with peers and adults.
3. **Health and Wellbeing:** We prioritise physical, emotional, and mental wellbeing, guiding pupils in making informed choices about their health, safety, and lifestyle.
4. **Diversity and Inclusion:** Our school embraces diversity, celebrating differences and promoting inclusion, ensuring that all pupils understand and respect people of various backgrounds, cultures, and identities.
5. **Preparation for Life:** Through robust PSHE and RSE, we prepare pupils for the wider world, equipping them with essential skills for future opportunities, responsibilities, and experiences.

Structure

The PSHE curriculum at Holy Trinity is taught primarily using the Jigsaw scheme of work, which is fully compliant with the DfE Statutory Relationships & Health Education Guidance. However, this is supplemented through a range of other materials, collective worship and enrichment opportunities. The PSHE curriculum is taught using a combination of:

- Short (30-45 minute) sessions each week for approximately 36 weeks.
- 3 whole school themed days (School Values Day, E-Safety Day, British Values Day)
- Whole School Collective Worship
- Supplementary sessions using GHLL resources, bespoke to our context and individual cohorts.

Curriculum Coverage

PSHE in EYFS

PSHE is a core part of the Early Years Foundation Stage Curriculum. It helps children learn to get along with others, understand their feelings and develop independence. It is taught explicitly in the Personal, Social & Emotional Development (PSED) area of learning and is embedded throughout the entire EYFS curriculum. PSHE focussed activities may cover similar objectives and themes in similar ways, following the 'six puzzle' sequence which is integral to the successful implementation of the scheme of work.

Jigsaw Puzzle Sequence

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|----------------------|------------------------|------------------|------------|---------------|-------------|
| Being Me in My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |