



Nor⁺thbourne
CE Primary School
Nurturing Excellence.

PSHE

Long Term Plan

Introduction

At Northbourne CE Primary School, our Personal, Social, Health and Economic (PSHE) education curriculum is rooted in our vision of Nurturing Excellence. We are committed to providing a high-quality, inclusive and engaging PSHE curriculum that supports every child to develop the knowledge, skills and understanding needed to thrive in an ever-changing world.

Through PSHE, pupils develop the confidence to understand themselves, build positive relationships, make informed choices and contribute positively to their communities. Our curriculum supports children to develop resilience, compassion and courage, enabling them to navigate challenges, celebrate differences and develop a strong sense of belonging.

Our PSHE curriculum is informed by the National Curriculum, including statutory guidance for Relationships Education, Health Education and safeguarding requirements. It is underpinned by the Jigsaw PSHE programme, which provides a carefully sequenced approach to developing pupils' personal, social, emotional and health knowledge from EYFS to Year 6.

Curriculum Structure and Teaching Approach

Our PSHE curriculum is carefully structured to meet the needs of pupils across all phases, ensuring progression in knowledge, vocabulary, understanding and personal development.

The Jigsaw programme is organised around six half-termly themes, known as Jigsaw Pieces:

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



These themes provide opportunities for pupils to explore important aspects of their lives, including identity, relationships, emotions, health, aspirations, diversity, safety and their role within wider society.

PSHE is taught as a dedicated lesson each week, with sessions typically lasting between 45 minutes and one hour. This regular teaching enables pupils to revisit and build upon prior learning, while providing sufficient time for meaningful discussion, reflection and collaborative activities. Teachers create a safe and supportive learning environment where children feel confident to share their ideas, ask questions and explore sensitive issues in an age-appropriate and respectful way.

Lessons are carefully adapted by teachers to reflect the context of our school and the needs of our pupils. Teachers use their knowledge of their classes to ensure discussions, examples and activities are relevant, inclusive and accessible, while maintaining the progression and key learning outcomes of the Jigsaw curriculum.

Curriculum Planning

In Early Years Foundation Stage (EYFS), pupils begin to develop their personal, social and emotional understanding through the Jigsaw programme alongside the wider EYFS curriculum. Learning focuses on developing self-awareness, managing feelings, building relationships, understanding differences and developing confidence and independence.

In Key Stage 1 and Key Stage 2, pupils follow the Jigsaw curriculum, with adaptations made to ensure learning reflects the experiences, questions and needs of our children. Lessons provide structured opportunities for discussion, reflection and the development of key life skills, with teachers carefully considering the maturity and understanding of their pupils.

The curriculum recognises that children are growing up in a rapidly changing world. Pupils are supported to understand and respond thoughtfully to current issues, developments in society and the wider world around them. They learn how to keep themselves safe, make responsible choices, respect others and develop the confidence to contribute positively to their communities.

Diversity and Inclusion

A key strength of the Jigsaw programme is its focus on celebrating diversity and developing respect for others. Through the Celebrating Difference and Relationships units, pupils explore identity, families, similarities and differences, equality, prejudice and the importance of treating others with kindness and respect.

We adapt the curriculum to ensure it reflects the diversity of our school community and the wider world. Pupils are encouraged to appreciate different backgrounds, beliefs, cultures, experiences and perspectives, developing an understanding that difference is something to value and celebrate.

Links to the National Curriculum

PSHE supports pupils' learning across the curriculum and makes strong links with statutory Relationships Education and Health Education guidance. It also contributes to wider curriculum aims, including:

- developing pupils' confidence, resilience and wellbeing;
- preparing pupils for life in modern Britain;
- promoting respect, tolerance and understanding of others;
- supporting pupils to make safe and informed choices;
- developing vocabulary and communication skills;
- encouraging pupils to become responsible and active members of society.

Through our PSHE curriculum, pupils develop the knowledge, skills and attitudes needed to flourish personally, socially and emotionally, both during their time at Northbourne CE Primary School and beyond.

Living Our Values Through PSHE

PSHE plays a central role in bringing our school values of Courage, Compassion and Community to life. Through carefully planned learning experiences, pupils are encouraged to develop the confidence to make positive choices, the empathy to understand and support others, and the sense of responsibility needed to contribute positively to school and wider society.

Children demonstrate courage by developing resilience, speaking up for themselves and others, embracing new challenges and making informed, responsible decisions. They develop compassion through learning about kindness, respect, inclusion and healthy relationships, recognising the importance of understanding and valuing different experiences and perspectives. Our value of community is fostered by encouraging pupils to work collaboratively, celebrate diversity, contribute positively to school life and understand their role as active, responsible citizens within both their local and global communities.

These values are woven throughout every Jigsaw unit, ensuring that pupils not only develop important personal, social and emotional knowledge but also grow into caring, confident and respectful individuals who embody the Christian ethos of our school.

