

### Curriculum Design & Sequencing of Content

RSHE is taught through our Jigsaw PSHE scheme, which is a comprehensive Scheme of Work for the whole primary school, from Year F1 to Year 6 (3-11 year olds). Jigsaw teaching materials integrate PSHE, emotional literacy, social skills and spiritual development in a whole-school approach. Within the scheme RSE lessons are included, which are age appropriate and which comply with the governments statutory guidance on teaching RSE within the primary age.



### RSHE at Cropwell Bishop Primary School

### RSE coverage.

The Jigsaw PSHE relationship and sex education units of work aim to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. This work is treated in a matter-of-fact and sensitive manner to allay embarrassment and fear and helps children to cope with change, including puberty and to learn about families, friendships and healthy relationships. Jigsaw aims to build the positive.

### PSHE /RSHE Leader

Our Curriculum leader, Claire Springthorpe, is responsible for developing the RHSE curriculum, delivering training on planning and teaching across the school. She also liaises with the leader of science to ensure there is coverage of all of the statutory elements of the RSE curriculum.

RSHE at Cropwell Bishop Primary School is taught through the JIGSAW scheme ,which is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. We believe that by following this scheme we are able to help our young people to:

- understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion.
- develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others) support young people to have positive self-esteem and body image, and to understand the influences and pressures around them.
- To empower them to be safe and safeguarded.

### Teaching Sex Education in an age appropriate way.

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage. All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively. The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience.

### RSHE LENS

Relationships, sex and health education are broken down into the following lens:

- Relationships
- Families and people who care for me.
- Caring friendships
- Respectful relationships
- Online relationship
- Being safe
- Physical health and mental wellbeing
- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

### Relationships education at Cropwell Bishop.

Relationships education is taught as strands running throughout the year in our comprehensive PSHE scheme but is also taught as two complete units in the Autumn term (Celebrating Differences) and in the first half of the summer term (Relationships). Again the lessons are well structured and age appropriate and cover topics which will help inform our pupils about life in the world around us. Lessons build year on year and help to inform and enable pupils to understand about healthy relationships with friends and as they grow older and about having healthy relationships online too. As they develop we hope our relationships education will enable them to understand that there are different family groups and that these can all be healthy relationships. We would hope that they would also be able to challenge prejudice because they are well informed.

### How do we teach health education?

Health education is taught in the second half of the Spring term and consists of a series of lesson based around the unit title of Healthy me. This unit is revisited between foundation and year 6 and develops the ideas and concepts at age appropriate times for our pupils. Topics include: Exercising, friendships, falling out, trust, keeping safe and what makes a healthy relationship. It is within this unit that we look at families and how these are made up. Health education is a statutory part of the curriculum.