



Personal, Social, Health Education

Intent: At Woodcock Hill, we aim to teach our pupils mindfulness. We believe that mindfulness is a vital tool for life, not only does it support the regulation of emotion and build emotional resilience but also enhances focus and concentration, both helping to optimize learning. Mindful children can more readily choose their responses to situations rather than react while caught up in the thought-flows and emotions. Jigsaw brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation. Jigsaw is a whole school approach, with all year groups working on the same theme, generating a whole school focus for adults and children alike.

Curriculum Area Map

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YR	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y1	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y2	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y3	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y4	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y5	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y6	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

Our School Values: *We are respectful, ambitious, creative, inclusive, independent and we persevere.*