



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

## INTENT

Our intention is that when children leave Hopton, they will do so with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. In an ever-changing world, it is important that they are aware, to an appropriate level, of different factors which will affect their world and that they learn how to deal with these so that they have good mental health and well-being.

Our PSHE/RSE curriculum develops learning and results in the acquisition of knowledge and skills which will enable children to access the wider curriculum and prepare them to be a global citizen now and in their future roles within a global community. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. Our Relationships and Sex Education enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives.

## IMPLEMENTATION

Pupils are taught PSHE using 'Jigsaw' which is a spiral, progressive scheme of work which aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world. There is a strong emphasis on emotional Literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus.

At Hopton, in addition to Relationships Education, we also teach aspects of Sex Education that is covered in our Science Curriculum. Alongside this we teach about different kinds of relationships, including same sex relationships, and gender identity because it is important that our children should have an understanding of the full diversity of the world they live in and be prepared for life in modern Britain. The Sex Education aspects of PSHE are also taught through the 'Jigsaw' scheme.

PSHE/RSE is taught through Jigsaw's six half termly themes with each year group studying the same unit at the same time (at their own level):

Autumn 1: Being Me in My World  
Autumn 2: Differences (including anti-bullying)  
Spring 1: Dreams and Goals  
Spring 2: Healthy Me  
Summer 1: Relationships  
Summer 2: Changing Me (including Sex Education)



The mindful approach to PSHE



## IMPACT

By the time our children leave our school they will:

- be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life
  - be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
  - appreciate difference and diversity
  - recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
  - be able to understand and manage their emotions
  - be able to look after their mental health and well-being
  - be able to develop positive, healthy relationship with their peers both now and in the future.
  - understand the physical aspects involved in RSE at an age appropriate level
  - have respect for themselves and others.
- have a positive self esteem

