



PSHE

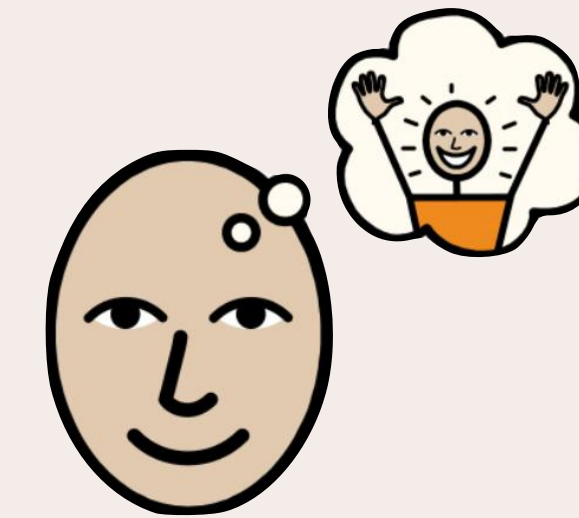
Curriculum Drivers



Aspiration



Community



Creativity



Language and communication



Our Curriculum Drivers

Aspiration



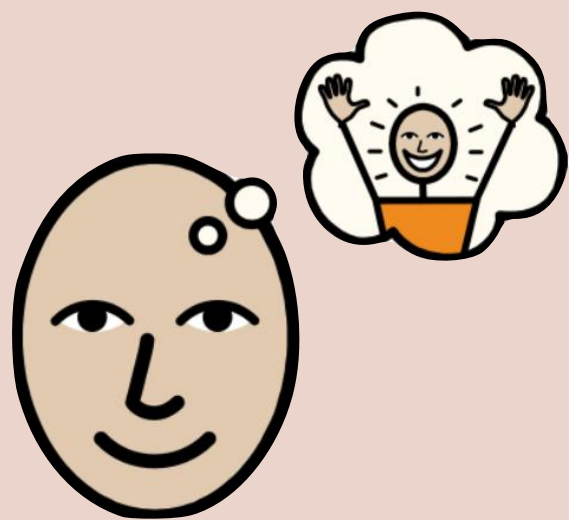
Pupils are inspired and challenged to think deeply about themselves and others, developing a critical understanding of the world around them while becoming confident in skills such as communication, empathy, decision-making and building positive relationships.

Community



Our PSHE curriculum gives children opportunities to learn with and from each other, to celebrate differences within school, our community and beyond to build respectful and supportive relationships.

Creativity



In PSHE, pupils learn to explore ideas and possibilities through discussion and by drawing on their own life experiences. They generate and express thoughts, practise skills for life and apply judgement to problem-solve through scenarios and stories to support their understanding.

Language and communication



In PSHE, pupils develop the vocabulary to respectfully express their thoughts, feelings and opinions, including what they like and dislike as well as subject specific vocabulary. They learn techniques to communicate clearly, listen to others, and express themselves as unique individuals while contributing positively to their community.

Intent At Marden Vale, we believe that high-quality PSHE lessons should inspire children to think deeply, develop self-awareness, and grow into responsible, caring citizens. Our PSHE curriculum provides children with opportunities to explore their own feelings and experiences, to understand and respect the views of others, and to build the knowledge and skills they need to lead healthy, safe and fulfilling lives. Through a carefully sequenced spiral curriculum, pupils learn about relationships, health and wellbeing, living in the wider world, and how to navigate challenges as they grow. We strive to create an inclusive environment where children feel safe to express themselves, ask questions, and problem-solve together. Our intent is for every child to develop resilience, empathy, and confidence, recognising that each individual's voice and contribution is unique and valued.

Implementation

At Marden Vale, PSHE is delivered through the Jigsaw scheme of work, which provides a structured, progressive spiral curriculum from EYFS through to Year 6. This ensures that key themes are revisited and built upon with increasing depth as children mature. Jigsaw places equal emphasis on developing knowledge, skills and emotional literacy, supporting pupils in their personal development as well as their academic journey.

Lessons incorporate a range of strategies, including circle time, story-based learning, discussion, role play, mindfulness, and collaborative group work. Each unit is supported by clear outcomes, key vocabulary and opportunities for reflection. PSHE is taught weekly, with additional whole-school events and assemblies reinforcing key messages across the year.

Knowledge and skills progression is carefully mapped to ensure consistency and links are made to other curriculum areas and to children's real-life experiences, making PSHE meaningful and relevant. Teachers adapt the Jigsaw framework to meet the needs of their classes while ensuring full curriculum coverage.

Impact

The impact of our PSHE curriculum is seen in the way children demonstrate respect, empathy and understanding in their daily lives. Pupils are increasingly able to express their thoughts and feelings with confidence, listen to others, and make responsible choices.

Impact is monitored through class discussions, self- and peer-reflection activities, and teacher observations, as well as low stakes retrieval quizzes. Pupil voice is a key part of evaluating effectiveness, ensuring children feel heard and that the curriculum reflects their needs.

Through this approach, we aim to equip our pupils with the life skills, values and confidence they need to flourish—both as individuals and as members of their community.

PSHE at Marden Vale

Early learning goals and National Curriculum

EYFS

Personal, Social & Emotional Development – building relationships, managing feelings, resilience, independence.
Communication & Language – listening, turn-taking, expressing ideas.
Understanding the World – similarities, differences, communities.
Health & Self-Care – healthy choices, hygiene, safety, asking for help.

KS1

Relationships – families, friendships, respect, managing conflict, recognising bullying.
Health – healthy lifestyles, hygiene, sleep, safety, managing feelings, seeking help.
Living in the Wider World – rights, responsibilities, celebrating difference, changes as they grow.

KS2

Relationships – trust, peer influence, recognising unhealthy relationships, respect for diversity, tackling discrimination.
Health – mental wellbeing, resilience, puberty, managing risks, healthy choices, drugs/alcohol awareness (age-appropriate).
Living in the Wider World – aspirations, roles in society, decision-making, transitions (e.g. secondary school).

Our Big Ideas that link the learning

Identity

Wellbeing

Belonging

Change

Self- confidence

Being Me in My World

Celebrating Difference

Dreams and Goals

SCHEME (JIGSAW) Programme Second Order Concepts

Healthy Me

Changing Me

Relationships

Our Big Ideas

Identity



Wellbeing



Belonging



Change

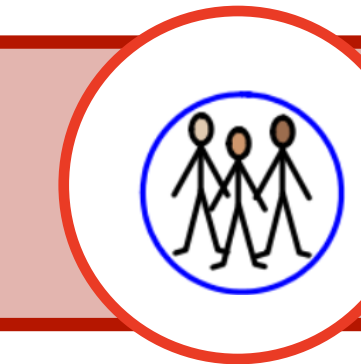
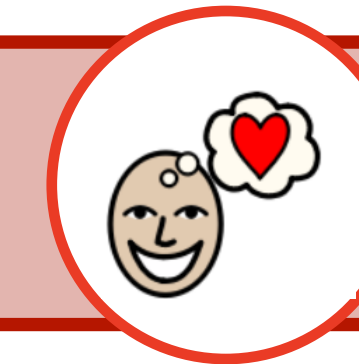


Self-confidence





PSHE Curriculum Overview



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Term 1 Being Me in My World	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owing the learning charter	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling
Term 2 Celebrating Difference	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating difference and remaining friends	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy
Term 3 Dreams and Goals	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Term 4 Healthy Me	<p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p>	<p>Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness</p>	<p>Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p>	<p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices</p>	<p>Healthier friendships Group dynamics Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength</p>	<p>Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p>Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress</p>
Term 5 Changing Me	<p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>	<p>Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition</p>	<p>Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p>	<p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p>	<p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p>	<p>Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition</p>	<p>Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>
Term 6 Relationships	<p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p>	<p>Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships</p>	<p>Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p>	<p>Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p>	<p>Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals</p>	<p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules</p>	<p>Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p>