

# *The Curriculum at Manor Infant School*



## PSHE

JIGSAW is a comprehensive scheme of learning for PSHE education including emotional literacy, social skills and spiritual development. At Manor Infant School, we believe children benefit if they could be aware of their thoughts and feelings as they happen, in the present moment, on purpose with no judgement. This is what mindfulness means. It can be learnt, and techniques to develop it taught. It also needs to be practised. We believe 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 optimise learning.

Mindful children can more readily choose their responses to situations rather than react while caught up in the thought-flows and emotions. In Jigsaw PSHE, mindfulness is developed through the 'Calm Me' time in each lesson. This consists of breathing techniques, awareness exercises and visualisations.

At Manor Infant School, Jigsaw is a whole school approach, with all year groups working on the same theme (Puzzle) at the same time. This enables each Puzzle to start with an introductory assembly, generating a whole school focus for adults and children alike.

There are six Puzzles (themes) in Jigsaw that are designed to progress in sequence from September to July:

**Autumn 1:** Being Me in My World

**Autumn 2:** Celebrating Difference (including anti-bullying)

**Spring 1:** Dreams and Goals

**Spring 2:** Healthy Me

**Summer 1:** Relationships

**Summer 2:** Changing Me (including Sex Education)

Each Piece has two Learning Intentions: one is based on specific PSHE learning (covering the non-statutory national framework for PSHE Education but enhanced to address children's needs today); and one is based on emotional literacy and social skills (covering the SEAL learning intentions but also enhanced). The enhancements mean that Jigsaw is relevant to children living in today's world.

Every lesson also contributes to at least one of these aspects of children's development (Spiritual, Moral, Social, Cultural-SMSC).



*Valued as  
Individuals,  
Inspired as  
Learners*