

PSHE Curriculum Rationale

At **Belvedere Infant and Junior Schools**, we see Personal, Social, Health and Economic Education (PSHE) as central to helping our children flourish both in school and in the wider world. Our PSHE curriculum equips pupils with the skills, knowledge and values they need to keep safe, stay healthy, form positive relationships, and prepare for the responsibilities of life in modern society.

What is PSHE Education?

PSHE Education is a planned programme of learning through which children acquire the knowledge, understanding and skills they need to successfully manage their lives – both now and in the future. As part of a whole-school approach, PSHE develops the qualities and attributes pupils need to thrive as individuals, as family members and as members of society.

According to the National Curriculum, every school must provide a broad and balanced curriculum that:

- promotes the spiritual, moral, social, cultural, mental and physical development of pupils;
- prepares them for the opportunities, responsibilities and experiences of later life;
- promotes British values.

Relationships and Health Education is now compulsory in all primary schools. The Department for Education also strongly recommends that this includes age-appropriate Sex Education. Alongside this, schools have a statutory duty to safeguard their pupils (*Keeping Children Safe in Education, DfE 2021*) and to uphold the *Equality Act (2010)*.

How We Teach PSHE at Belvedere

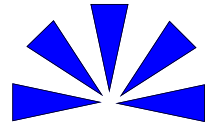
We use the **Jigsaw programme** to deliver PSHE in a consistent and progressive way across all year groups. Jigsaw provides a clear and coherent structure that allows lessons to build on previous knowledge and connect across topics. Each lesson has two objectives: one focused on specific knowledge and skills, and another that encourages children to think more broadly about societal and global themes.

Jigsaw is fully inclusive, ensuring every child can access and achieve lesson objectives. It is supported by high-quality resources such as songs, visuals and engaging activities. Mindfulness practices are also embedded, giving children regular opportunities to pause, reflect and regulate their emotions.

Nurturing Every Child

At Belvedere Infant and Junior Schools, our community embraces a wide range of emotional, physical, social and cultural needs. We are committed to treating every child as a valued individual and provide a safe, nurturing environment where children can:

- Share their achievements with pride.
- Reflect on their behaviour and celebrate personal progress.
- Use “worry monsters” or peer mediators as safe ways to seek help.



- Learn how to maintain a healthy lifestyle, both physically and emotionally.

Every lesson also provides opportunities for pupils to practise our **Personal Goals**, such as being a Thinker, showing Empathy, and demonstrating Resilience.

Global Citizenship in PSHE

PSHE at Belvedere is closely linked to our **Global Citizenship curriculum**, which runs like a golden thread through all areas of learning. Children explore four dimensions:

- **Personal** – recognising and managing their own emotions, developing empathy and supporting others.
- **Community** – considering the impact they have locally and learning about the diverse communities around them.
- **Society** – understanding that mistakes are part of learning, and reflecting on how individuals can contribute positively to society.
- **Global** – pausing at the start of each lesson to reflect not only on their own lives but also on the lives of others around the world.

Every class works together to define what it means to be a **Global Citizen**, and this is revisited regularly. Lessons prompt discussion, questioning and reflection so that children can connect their personal choices to their responsibilities within their community, society and the wider world.

Our Commitment

At Belvedere Infant and Junior Schools, PSHE is more than a subject – it is part of our whole ethos. It nurtures children's sense of self, strengthens their relationships, and prepares them to be respectful, resilient and active citizens. By combining the Jigsaw programme with our Global Citizenship approach, we give every child the tools they need to grow into caring individuals who are ready to make a positive difference in the world.