

Christ Church CofE Primary – PSHE & RSE Overview

Rationale

“In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” – Matthew 5:16



At Christ Church, we believe that every child is uniquely created in the image of God and deserves a curriculum that enables them to flourish academically, socially, morally, and spiritually. Through our SHINE values – to be Successful, Happy, Included, Nurtured, and Enriched – we seek to educate the whole child, nurturing their character and supporting their journey towards becoming confident, compassionate, and responsible citizens.

Personal, Social, Health and Economic Education (PSHE), including Relationships and Sex Education (RSE), is central to this vision. It provides children with the knowledge, skills, and understanding they need to lead healthy, safe, and fulfilling lives. Through PSHE and RSE, pupils learn how to understand themselves and others, develop empathy and respect, and make responsible and ethical choices that reflect our Christian ethos and British values.

At Christ Church, PSHE and RSE help children to grow in self-awareness and confidence, to form positive relationships, and to develop a moral

compass grounded in love, respect, and integrity. This enables them to “let their light shine” both within our school community and beyond.

The Christ Church CofE Offer

PSHE and RSE at Christ Church are taught through the Jigsaw PSHE Programme – a comprehensive, progressive, and evidence-based curriculum that meets and exceeds statutory DfE guidance (2020). Jigsaw combines Personal, Social, Health, and Economic Education, emotional literacy, social skills, mental health awareness, and spiritual development into one coherent learning journey.

Our curriculum promotes the wellbeing and flourishing of all pupils. Rooted in our Christian vision, it enables children to develop:

- A strong sense of identity and belonging.
- Healthy relationships built on trust and respect.
- Understanding and appreciation of diversity.
- The resilience to face challenges with courage and faith.
- The confidence to make informed, responsible choices.

PSHE and RSE at Christ Church also promote British Values – democracy, the rule of law, individual liberty, and mutual respect and tolerance – while nurturing children’s ability to reflect, question, and act responsibly within their community and the wider world.

Curriculum Design

The Jigsaw PSHE and RSE Curriculum is taught from EYFS to Year 6, providing a clear and consistent framework for progression. It follows a spiral design, revisiting key concepts each year with increasing depth, ensuring children build secure understanding as they mature.

Learning is organised into six half-termly units (Puzzles), each containing carefully structured lessons that develop knowledge, skills, and reflection:

1. **Being Me in My World** – developing self-awareness, belonging, and responsibility within the school and wider community.
2. **Celebrating Difference** – understanding diversity, equality, and respect; challenging prejudice and discrimination.
3. **Dreams and Goals** – setting aspirations, developing resilience, and learning how to overcome obstacles.
4. **Healthy Me** – promoting physical and mental wellbeing, healthy choices, and safety awareness.
5. **Relationships** – exploring friendship, family, trust, communication, conflict resolution, and online safety.
6. **Changing Me** – understanding growth and change, including puberty, body awareness, and preparation for transition, taught with sensitivity and age-appropriate content.

Each lesson follows the Jigsaw structure:

- **Connect Us** – building community and shared understanding.
- **Calm Me** – mindfulness and emotional regulation.
- **Open My Mind** – introducing new learning.
- **Tell Me or Show Me** – exploring new concepts.
- **Let Me Learn** – active participation and reflection.
- **Help Me Reflect** – consolidating learning and personal growth.

This consistency enables all pupils to feel emotionally safe and supported while engaging with sensitive topics.

Relationships and Sex Education (RSE)

RSE is an integral part of the Jigsaw programme, fully embedded within the PSHE curriculum. It is taught in a way that upholds both statutory requirements and our Christian values, focusing on dignity, respect, and the uniqueness of every individual.

Our Vision for RSE

At Christ Church, RSE enables pupils to understand the emotional, social, and physical aspects of growing up, relationships, and reproduction within the context of loving, respectful, and caring relationships. We teach that healthy relationships are based on **mutual respect, trust, and responsibility**, and that all people are equally valued as children of God.

RSE supports pupils to:

- Develop positive relationships built on kindness and respect.
- Recognise and manage emotions within themselves and others.
- Understand and respect their bodies as God's creation.
- Learn about the changes of puberty and how to care for themselves.
- Recognise and challenge harmful stereotypes, exploitation, and inequality.
- Make informed, responsible, and safe choices, including online.

Statutory Coverage

In line with the DfE (2020) guidance, our RSE curriculum covers:

- **Relationships Education:** families, friendships, online relationships, and being safe.
- **Health Education:** physical and mental wellbeing, puberty, and hygiene.
- **Sex Education (KS2):** conception and birth, taught in Year 6 in line with Jigsaw's 'Changing Me' unit and in consultation with parents.

All content is age-appropriate, inclusive, and underpinned by Christian principles of respect and compassion. Parents are consulted on RSE provision and have the right to withdraw their child from **non-statutory sex education** lessons, while all pupils are expected to take part in **Relationships and Health Education**.

Inclusion and Diversity

PSHE and RSE at Christ Church are designed to be inclusive for all. Lessons reflect a wide range of family types, cultures, and identities, supporting our commitment to equality and belonging. Every child is valued and respected, regardless of background, belief, or ability.

Children with SEND are supported through adapted materials, small group work, and multi-sensory approaches to ensure access and engagement. For children with EAL, vocabulary is explicitly taught and supported through visuals and modelling.

We celebrate difference as a strength and teach children to challenge stereotypes and discrimination with empathy, courage, and respect.

Structure and Implementation

PSHE and RSE are taught through weekly Jigsaw sessions delivered by class teachers. These are complemented by Collective Worship, and themed weeks (e.g. Anti-Bullying Week, Safer Internet Day, Children's Mental Health Week), reinforcing key messages across the curriculum.

Our implementation ensures:

- Consistency: weekly lessons following the Jigsaw structure across all year groups.
- Integration: cross-curricular links with RE, PE, Science, and Computing.

- Reflection: opportunities for pupils to discuss, question, and reflect on moral and social issues.
- Practical Application: pupils lead and participate in initiatives promoting wellbeing, kindness, and inclusion.

Regular staff training ensures confidence and consistency in delivering sensitive content in a safe, supportive, and faith-aligned manner.

Curriculum Impact

Through PSHE and RSE, pupils at Christ Church develop the confidence, empathy, and moral integrity to thrive as individuals and as part of society. They grow in understanding of themselves and others, and are equipped to make positive, respectful, and responsible choices.

By the time they leave Christ Church, pupils:

- Know how to form healthy, respectful relationships.
- Demonstrate empathy, kindness, and resilience.
- Understand and manage emotions effectively.
- Recognise the importance of physical and mental health.
- Respect diversity and challenge injustice.
- Are confident to express themselves as valued children of God.

Assessment in PSHE and RSE is reflective and ongoing. Teachers use observation, discussion, and pupil self-assessment to monitor progress. The impact is seen in children's confidence, behaviour, and relationships, as well as in their ability to articulate moral choices and apply our SHINE values in daily life.

Roles and Responsibilities

The Role of the Headteacher

The Headteacher is responsible for ensuring that PSHE and RSE:

- Are delivered in line with statutory and Church of England guidance.
- Are resourced, timetabled, and monitored effectively.
- Reflect the school's Christian vision and SHINE values.
- Support pupils' wellbeing, safeguarding, and moral development.

The Role of Staff

Staff are responsible for:

- Delivering the Jigsaw PSHE and RSE curriculum with consistency and sensitivity.
- Creating a safe, respectful learning environment.
- Modelling positive relationships and values.
- Responding appropriately to pupils' questions and needs.
- Working in partnership with families and colleagues to promote wellbeing.

The Role of Families

Parents and carers are valued partners in PSHE and RSE. They:

- Support the school's approach to personal development.
- Engage with information sessions and communication about curriculum content.
- Encourage open, respectful conversations at home.
- Foster values of empathy, kindness, and respect.

The Role of Governors

Governors ensure that:

- PSHE and RSE are delivered in line with legal and Church of England guidance.
- The curriculum is inclusive, age-appropriate, and of high quality.

- The impact on pupils' wellbeing and moral development is monitored.
- The school's Christian ethos underpins all aspects of PSHE and RSE provision.