

## **ONE PAGE SUMMARY OF THE PD CURRICULUM (Jigsaw)**

The Jigsaw 3–11 programme teaches Personal Development (PD) through a spiral, progressive, whole-school PSHE curriculum that integrates:

a) Emotional Literacy, Resilience & Mental Health

Jigsaw explicitly develops emotional literacy, resilience and mental health throughout its lessons. These sit at the heart of its philosophy.

b) A Whole-School Approach with Shared Themes

All year groups follow the same themed unit (Puzzle) each half-term, enabling whole-school learning and coherence.

c) Six Structured Units Teaching Core Areas of Personal Development

The six Jigsaw Puzzles directly teach PD content:

- Being Me in My World (identity, belonging, responsibility)
- Celebrating Difference (inclusion, anti-bullying, diversity)
- Dreams and Goals (resilience, aspirations, problem-solving)
- Healthy Me (physical & mental health, safety)
- Relationships (friendships, emotions, communication)
- Changing Me (self-esteem, body changes, coping with change)

d) Explicit Teaching of PSHE + Emotional Skills

Each lesson has:

- One learning intention for PSHE
- One learning intention for emotional literacy/social skills
- This dual structure is designed to target PD directly.

e) Mindfulness to Support Regulation & Self-Awareness

Jigsaw lessons include mindfulness practice to develop self-regulation, self-awareness and emotional control — all key elements of PD.

f) Behaviour & Personal Responsibility Through the Jigsaw Charter

Every lesson uses a “Charter” focused on respect, listening, and responsibility — habits central to personal development.

g) Statutory RSHE Fully Covered

Jigsaw covers all statutory Relationships & Health Education requirements, ensuring PD is taught systematically and in line with DfE expectations.

### **In summary:**

**Jigsaw teaches personal development explicitly (through PSHE/RSHE themes) and implicitly (through emotional literacy, mindfulness, respect routines and whole-school consistency).**