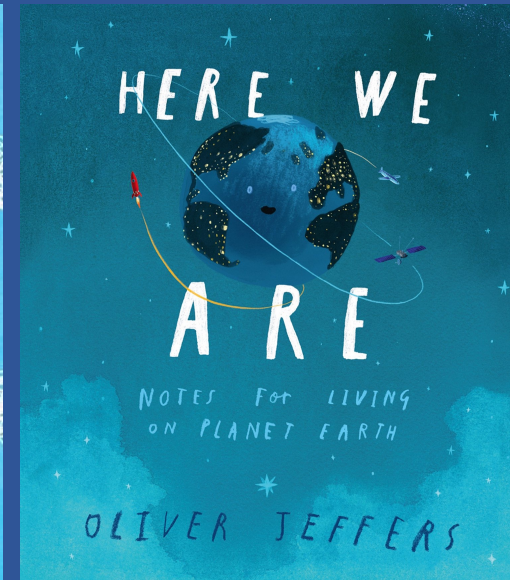
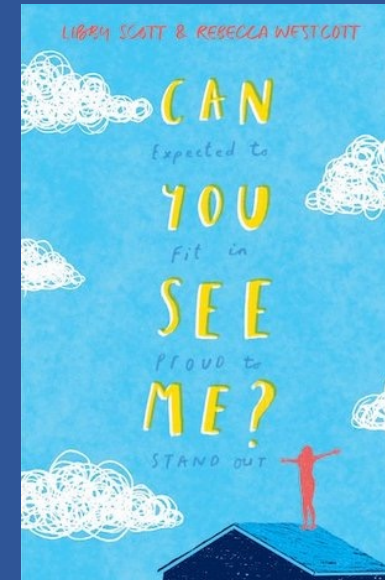
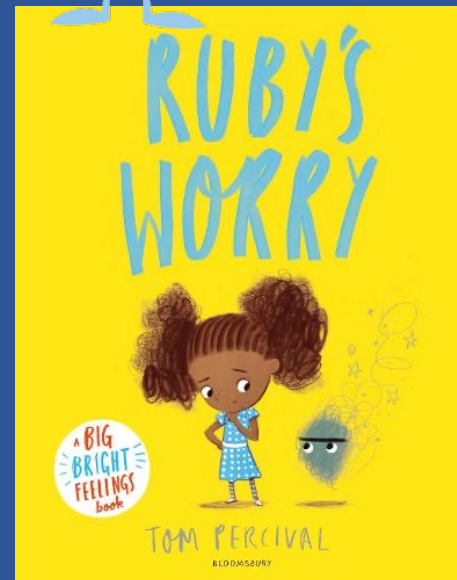
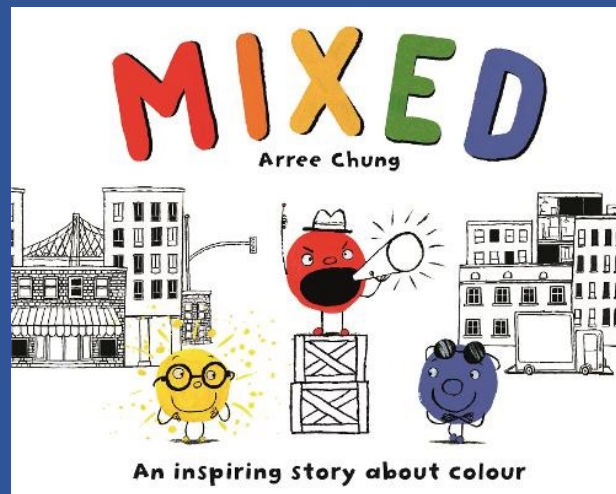
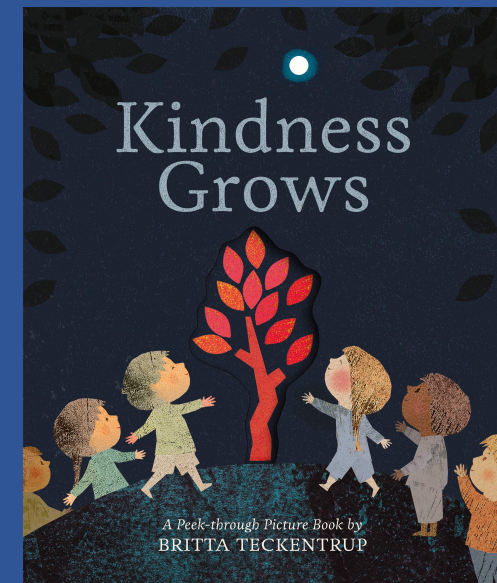




PSHE at Fir Tree



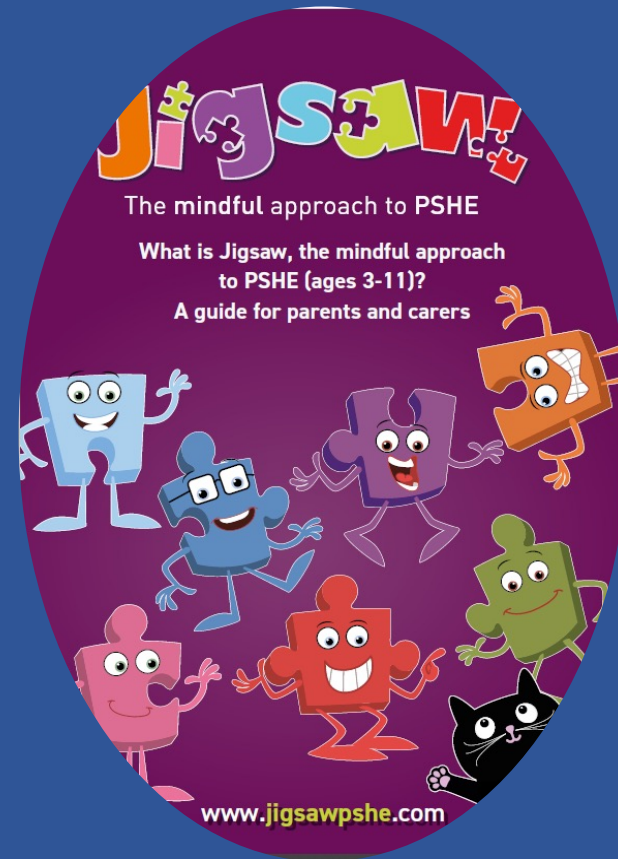


Hello!

My name is Mrs Ash, and I am the PSHE Subject Leader at Fir Tree.

At Fir Tree, PSHE includes:

- Personal, Social Health and Economic Education
- Relationships Education
- Global Learning
- Values
- Mindfulness and Meditation



Intent Implementation Impact

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

According to the National Curriculum, every school needs to have a broad and balanced curriculum that:

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

Fir Tree are proud to follow the Jigsaw Programme for PSHE; Jigsaw is a child-centered, holistic and sequential approach which supports children in developing their PSHE and emotional literacy skills in an engaging, purposeful and safe way.



Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5 (F1-F2)	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	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	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	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	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
Ages 6-7	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	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	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	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	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	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

In PSHE, our learning is shaped into 6 units (called puzzles) which are explored in order from 'Being Me in My World' at the start of the school year and concluding the year with 'Changing Me'.

As the children progress through the school, they will build on their prior knowledge and skills, as you can see below. Having access to a Primary-aged scheme also enables teachers to differentiate to meet the needs of all learners in their classes (for example, an aged 8 child who is working towards Y3 outcomes may benefit from additional support using the Y2 ones).

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	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	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Ages 9-10	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	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 SMARRT internet safety rules	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
Ages 10-11	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	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	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	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

The following 'Knowledge and Skills documents' show the progressive journey children will follow as they develop their PSHE and Emotional Literacy during their time at Fir Tree:

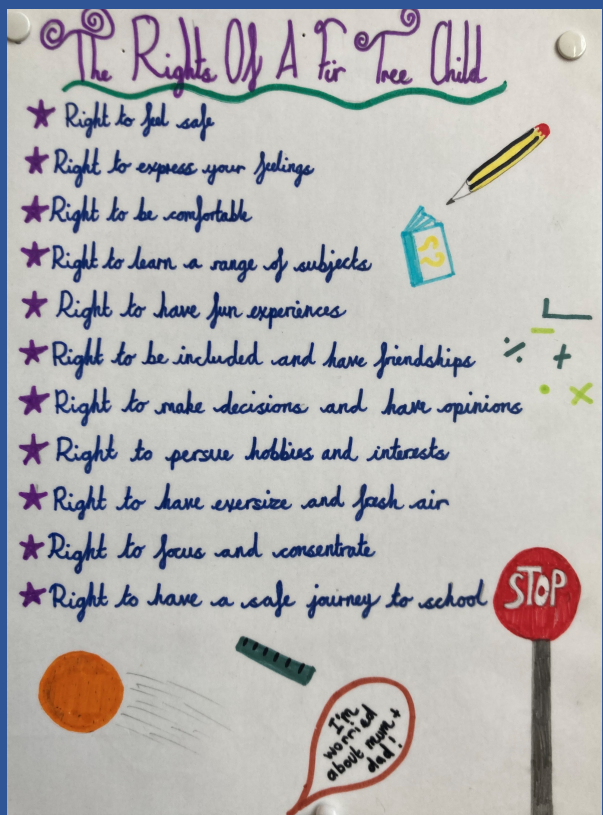
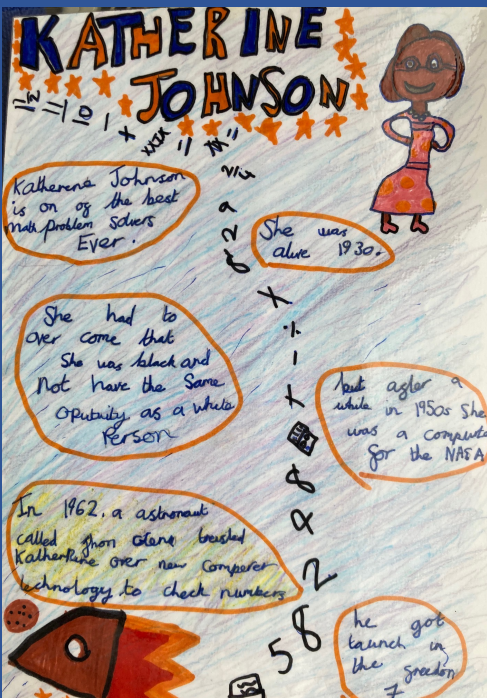
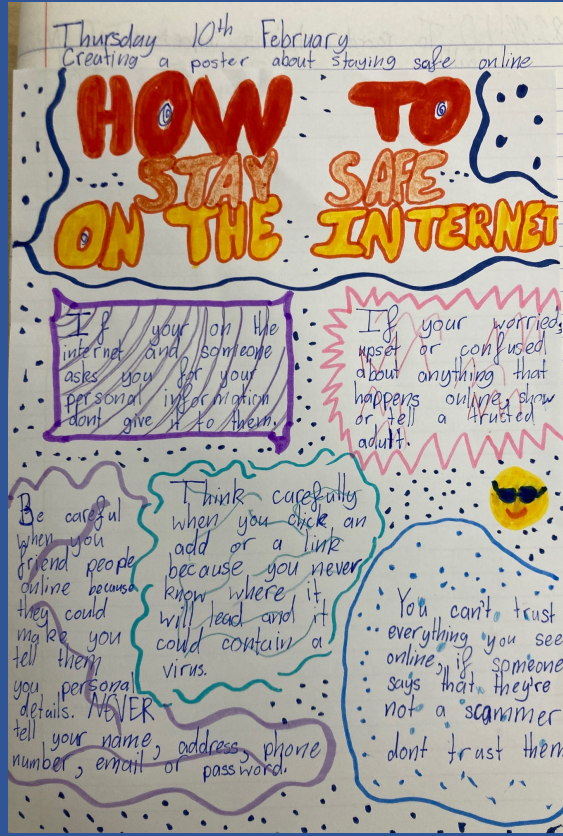
Theme and Term	Link to 'Knowledge and Skills Progression' on our School Website
1. Being Me in My World 'Who am I and How Do I Fit?'	https://primarysite-prod-sorted.s3.amazonaws.com/fir-tree-junior-school/UploadedDocument/8ce51ca7-274b-4aee-8967-3a29f6d06408/01-bm-jigsaw-skills-and-knowledge-progression-for-parents-1.pdf
2. Celebrating Difference Respect for similarity and difference; anti-bullying and being unique	https://primarysite-prod-sorted.s3.amazonaws.com/fir-tree-junior-school/UploadedDocument/04597a18-15e6-450a-8d1c-9b219ffb5600/02-cd-jigsaw-skills-and-knowledge-progression-for-parents.pdf
3. Dreams and Goals Aspirations; how to achieve goals and understanding the emotions that go with these	https://primarysite-prod-sorted.s3.amazonaws.com/fir-tree-junior-school/UploadedDocument/0e64fbb2-a8e6-4d58-a47a-d98fe93731bc/03-dg-jigsaw-skills-and-knowledge-progression-for-parents.pdf
4. Healthy Me Being and keeping safe and healthy	https://primarysite-prod-sorted.s3.amazonaws.com/fir-tree-junior-school/UploadedDocument/a7d4c5e0-75a0-4de0-a8c0-717eb4888015/04-hm-jigsaw-skills-and-knowledge-progression-for-parents.pdf
5. Relationships Building positive, healthy relationships	https://primarysite-prod-sorted.s3.amazonaws.com/fir-tree-junior-school/UploadedDocument/0d85bb35-a3e4-4b22-b1f1-58a8855d8c66/05-rl-jigsaw-skills-and-knowledge-progression-for-parents.pdf
6. Changing Me Coping positively with change	https://primarysite-prod-sorted.s3.amazonaws.com/fir-tree-junior-school/UploadedDocument/601667fd-989b-437c-ab7a-beb1ca0d789d/06-cm-jigsaw-skills-and-knowledge-progression-for-parents.pdf



Click here to find our 'Fir Tree Curriculum' & 'Knowledge and Skills Progression' documents:

<https://www.fir-tree-juniors.org/pshe/>





Jaz our talking object helps us share ideas at the right time and listen to each other

PSHE is important because it's good to learn how to look after your body and mind

Yoga makes people feel calm

I like the meditation part of the yoga because it is very relaxing

I like reflecting on my feelings and listening to my class' feelings; it made me realize I'm not alone



Using story books in PSHE helps me because I can think about other people's feelings

When I am angry or sad, I use my meditation pose from yoga to help me

I like the Sun Salutation part in yoga; it makes me feel positive and I remember it if I need to boost myself up again!