



Fir Tree PSHE Overview 2026 – 2027

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
Year 1	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
Year 2	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
Year 3	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
Year 4	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
Year 5	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
Year 6	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me



Fir Tree's PSHE Curriculum

At Fir Tree Primary School, PSHE is taught through the Jigsaw programme, a comprehensive and progressive scheme of learning that supports pupils' personal development, emotional wellbeing, relationships, health and understanding of the wider world.

The curriculum is organised around six core themes, known within Jigsaw as 'Puzzles'. One Puzzle is taught each term, ensuring that pupils revisit and build upon key knowledge, skills and understanding as they progress through the school.

The six Jigsaw Puzzles are:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Through these themes, pupils develop the knowledge and skills needed to become confident, respectful and responsible members of society. Learning covers personal wellbeing, mental health, relationships, diversity, citizenship, physical health, safety and preparation for life in modern Britain.

A key feature of the Jigsaw approach is the creation of a safe, supportive and respectful learning environment. Pupils are taught and regularly practise a range of strategies that help them to listen carefully, share appropriately, express opinions respectfully and discuss sensitive topics with confidence. These routines and expectations prepare children to participate thoughtfully in PSHE lessons and contribute positively to classroom discussions.

Relationships, Sex and Health Education (RSHE) is embedded within the curriculum and is taught in an age-appropriate and progressive manner. The programme aligns with statutory guidance and supports pupils in understanding healthy relationships, personal safety, physical and emotional health, and the changes they experience as they grow.

The curriculum begins in the Early Years Foundation Stage, where children develop self-awareness, emotional regulation, positive relationships and an understanding of the world around them through carefully planned experiences and discussions. These foundations are then built upon throughout Key Stages 1 and 2 through the six Jigsaw Puzzles.

PSHE at Fir Tree Primary School aims to equip pupils with the knowledge, skills and attributes they need to thrive both now and in the future. By developing emotional literacy, resilience, empathy and self-awareness, we support children in becoming confident learners, responsible citizens and respectful members of their communities.