



## PSHE JIGSAW CONTENT OVERVIEW 2026/2027

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Autumn 1 Being Me In My World</b>	<ul style="list-style-type: none"> <li>• who... Me?!</li> <li>• How am I feeling today?</li> <li>• Being at nursery/pre-school</li> <li>• Gentle hands</li> <li>• Our rights (nursery/pre-school charter)</li> <li>• Our responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• Who...me?!</li> <li>• How am I feeling today?</li> <li>• Being at school</li> <li>• Gentle hands</li> <li>• Our rights</li> <li>• Our responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling special and safe</li> <li>• My class</li> <li>• Rights and responsibilities</li> <li>• Rewards and feeling proud</li> <li>• Consequences</li> <li>• Owning and following out learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• Hopes and fears for the year</li> <li>• Rights and responsibilities</li> <li>• Rewards and consequences</li> <li>• Rewards and consequences (scenarios)</li> <li>• Our learning charter</li> <li>• Owning our learning charter (recognise choices)</li> </ul>	<ul style="list-style-type: none"> <li>• Getting to know each other</li> <li>• Our nightmare school</li> <li>• Our dream school</li> <li>• Rewards and consequences</li> <li>• Our learning charter</li> <li>• Owning our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• Becoming a class 'team'</li> <li>• Being a school citizen</li> <li>• Rights, responsibilities and democracy</li> <li>• Rewards and consequences</li> <li>• Our learning charter</li> <li>• Owning our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• My year ahead</li> <li>• Being a citizen of my country</li> <li>• Responsibilities</li> <li>• Rewards and consequences</li> <li>• Our learning charter</li> <li>• Owning our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• My year ahead</li> <li>• Being a global citizen 1</li> <li>• Being a global citizen 2</li> <li>• The learning charter</li> <li>• Our learning charter</li> <li>• Owning our learning charter</li> </ul>
<b>Autumn 2 Celebrating Differences</b>	<ul style="list-style-type: none"> <li>• What am I good at?</li> <li>• I'm special, I'm me!</li> <li>• Families</li> <li>• Homes</li> <li>• Making friends</li> <li>• Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>• What am I good at?</li> <li>• I'm special, I'm me!</li> <li>• Families</li> <li>• Homes</li> <li>• Making friends</li> <li>• Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>• The same as... (accepting everyone is different)</li> <li>• Different from... (including others)</li> <li>• What is bullying?</li> <li>• What do I do about bullying?</li> <li>• Making new friends</li> <li>• Celebrating difference; celebrating me (compliments)</li> </ul>	<ul style="list-style-type: none"> <li>• Assumptions</li> <li>• Stereotypes</li> <li>• What does bullying happen?</li> <li>• Standing up for myself and others</li> <li>• We're all different</li> <li>• Celebrating difference and still being friends</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Family conflict</li> <li>• Witness and feelings</li> <li>• Witness and solutions</li> <li>• Words that harm</li> <li>• Celebrating difference: compliments</li> </ul>	<ul style="list-style-type: none"> <li>• Judging by appearances</li> <li>• Understanding influences</li> <li>• Understanding bullying</li> <li>• Problem-solving</li> <li>• Special me</li> <li>• Celebrating difference: how we look</li> </ul>	<ul style="list-style-type: none"> <li>• Different cultures</li> <li>• Racism</li> <li>• Rumours and name-calling</li> <li>• Types of bullying</li> <li>• Does money matter?</li> <li>• Celebrating difference across the world</li> </ul>	<ul style="list-style-type: none"> <li>• Am I normal?</li> <li>• Understanding difference</li> <li>• Power struggles</li> <li>• Why bully</li> <li>• Celebrating difference</li> <li>• Celebrating difference</li> </ul>

<b>Spring 1 Dreams and Goals</b>	<ul style="list-style-type: none"> <li>• Challenge</li> <li>• Never giving up</li> <li>• Setting a goal</li> <li>• Obstacles and support</li> <li>• Flight to the future</li> <li>• Footprint awards</li> </ul>	<ul style="list-style-type: none"> <li>• Challenge</li> <li>• Never giving up</li> <li>• Setting a goal</li> <li>• Obstacles and support</li> <li>• Flight to the future</li> <li>• Footprint awards</li> </ul>	<ul style="list-style-type: none"> <li>• My treasure chest of success</li> <li>• Steps to goals</li> <li>• Achieving together</li> <li>• Stretchy learning (challenges)</li> <li>• Overcoming obstacles</li> <li>• Celebrating my success</li> </ul>	<ul style="list-style-type: none"> <li>• Goals to success</li> <li>• Being healthy</li> <li>• Learning with others</li> <li>• A group challenge</li> <li>• Being relaxed</li> <li>• Celebrating our achievement</li> </ul>	<ul style="list-style-type: none"> <li>• Dreams and goals</li> <li>• My dreams and ambitions</li> <li>• Feeling safe helps me grow</li> <li>• Choices that help us grow</li> <li>• Our new challenge-overcoming obstacles</li> <li>• Celebrating my learning</li> </ul>	<ul style="list-style-type: none"> <li>• Hopes and dreams</li> <li>• Broken dreams</li> <li>• Overcoming disappointment</li> <li>• Creating new dreams</li> <li>• Achieving goals</li> </ul>	<ul style="list-style-type: none"> <li>• When I grow up (my dream lifestyle)</li> <li>• Keeping track of money</li> <li>• My dream job</li> <li>• Dreams and goals of young people in other cultures</li> <li>• How can we support each other?</li> <li>• Rallying support</li> </ul>	<ul style="list-style-type: none"> <li>• Personal learning goals</li> <li>• Steps to success</li> <li>• My dream for the world</li> <li>• Helping to make a difference</li> <li>• Helping to make a difference</li> <li>• Recognising our achievements</li> </ul>
<b>Spring 2 Healthy Me</b>	<ul style="list-style-type: none"> <li>• Everybody's body</li> <li>• We like to move it, move it!</li> <li>• Food glorious food</li> <li>• Sweet dreams</li> <li>• Keeping clean</li> <li>• Safe adult</li> </ul>	<ul style="list-style-type: none"> <li>• Everybody's body</li> <li>• We like to move it, move it!</li> <li>• Food glorious food</li> <li>• Sweet dreams</li> <li>• Keeping clean</li> <li>• Safe adults</li> </ul>	<ul style="list-style-type: none"> <li>• Being healthy</li> <li>• Healthy choices</li> <li>• Clean and healthy</li> <li>• Medicine safety</li> <li>• Road safety</li> <li>• Happy, healthy me (keep my body safe)</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Healthy eating</li> <li>• Keeping safe at home</li> <li>• Safe outside</li> <li>• Medicine safety</li> <li>• Happy, healthy me!</li> </ul>	<ul style="list-style-type: none"> <li>• Fit and healthy</li> <li>• Food and energy</li> <li>• What do I know about drugs?</li> <li>• Being safe and getting help</li> <li>• Safe or unsafe</li> <li>• My amazing body</li> </ul>	<ul style="list-style-type: none"> <li>• My friends and me</li> <li>• Keeping safe with friends</li> <li>• Smoking and vaping</li> <li>• Alcohol</li> <li>• Healthy friendships</li> <li>• Celebrating my inner strength and assertiveness</li> </ul>	<ul style="list-style-type: none"> <li>• Smoking and vaping</li> <li>• Alcohol</li> <li>• Emergency aid</li> <li>• Body image</li> <li>• My relationship with food</li> <li>• Healthy me</li> </ul>	<ul style="list-style-type: none"> <li>• Taking responsibility for my health and well-being</li> <li>• Drugs</li> <li>• Exploitation</li> <li>• Gangs</li> <li>• Emotional and mental health</li> <li>• Managing stress and pressure</li> </ul>

<b>Summer 1 - Relationships</b>	<ul style="list-style-type: none"> <li>• My family and me!</li> <li>• Make friends, make friends, never ever break friends part 1</li> <li>• Make friends, make friends, never ever break friends part 2</li> <li>• Falling out and bullying part 1</li> <li>• Falling out and bullying part 2</li> <li>• Being the best friends we can be</li> </ul>	<ul style="list-style-type: none"> <li>• My family and me!</li> <li>• Make friends, make friends, never ever break friends part 1</li> <li>• Make friends, make friends, never ever break friends part 2</li> <li>• Falling out and bullying part 1</li> <li>• Falling out and bullying part 2</li> <li>• Being the best friends we can be</li> </ul>	<ul style="list-style-type: none"> <li>• Families (types of families)</li> <li>• Making friends</li> <li>• Greetings</li> <li>• People who help us</li> <li>• Being my own best friend</li> <li>• Celebrating my special relationships (appreciating people)</li> </ul>	<ul style="list-style-type: none"> <li>• Families (family members)</li> <li>• Keeping safe- exploring physical contact (acceptable and unactable contact)</li> <li>• Friends and conflict</li> <li>• Secrets</li> <li>• Trust and appreciation</li> <li>• Celebrating my special relationships (appreciating people)</li> </ul>	<ul style="list-style-type: none"> <li>• Family roles and responsibilities</li> <li>• Safety online</li> <li>• Friendship</li> <li>• Global connections and thinking critically</li> <li>• Rights, needs and wellbeing</li> <li>• Being a global citizen</li> <li>• Celebrating my web of relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Jealousy</li> <li>• Love and loss</li> <li>• Memories</li> <li>• Getting on and falling out</li> <li>• Girlfriends and boyfriends</li> <li>• Celebrating my relationship with people and animals</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising me</li> <li>• Safety with online communities</li> <li>• Being in an online community</li> <li>• Online gaming</li> <li>• My relationship with technology: screen tine</li> <li>• My relationship with technology: staying happy and safe online</li> </ul>	<ul style="list-style-type: none"> <li>• What is mental health?</li> <li>• My mental heath</li> <li>• Love and loss</li> <li>• Power and control</li> <li>• Being online: real or fake? Safe or unsafe?</li> <li>• Using technology responsibly</li> </ul>
<b>Summer 2 – Changing Me</b>	<ul style="list-style-type: none"> <li>• My body</li> <li>• Respecting my body</li> <li>• Growing up</li> <li>• Growth and change</li> <li>• Fun and fears</li> <li>• Celebration</li> </ul>	<ul style="list-style-type: none"> <li>• My body</li> <li>• Respecting my body</li> <li>• Growing up</li> <li>• Fun and fears part 1</li> <li>• Fun and fears part 2</li> <li>• Celebration</li> </ul>	<ul style="list-style-type: none"> <li>• Life cycles</li> <li>• Changing me</li> <li>• My changing body</li> <li>• Boys and girls bodies</li> <li>• Learning and growing</li> <li>• copying with changes</li> </ul>	<ul style="list-style-type: none"> <li>• Life cycles in nature</li> <li>• Growing from young to old</li> <li>• The changing me</li> <li>• Boys and girls bodies</li> <li>• Assertiveness</li> <li>• Looking ahead</li> </ul>	<ul style="list-style-type: none"> <li>• How babies grow</li> <li>• Outside body changes</li> <li>• Inside body changes</li> <li>• Keeping ourselves clean</li> <li>• Family stereotypes</li> <li>• Looking ahead</li> </ul>	<ul style="list-style-type: none"> <li>• Unique me</li> <li>• Puberty and menstruation</li> <li>• Being part of a family</li> <li>• Circles of change</li> <li>• Accepting change</li> <li>• Looking ahead</li> </ul>	<ul style="list-style-type: none"> <li>• Self and body image</li> <li>• Puberty for girls</li> <li>• Puberty for boys</li> <li>• Conception- taught in Science Yr5 (sex education lesson)</li> <li>• Looking ahead 1</li> <li>• Looking ahead 2</li> </ul>	<ul style="list-style-type: none"> <li>• My self-image</li> <li>• Puberty</li> <li>• Babies: conception to birth- Science Yr5 (sex education lesson)</li> <li>• Boyfriends and girlfriends</li> <li>• Adolescent friendships</li> <li>• Real self and ideal self</li> <li>• The year ahead</li> </ul>

NB: The lessons highlighted are additional lessons, within Jigsaw, that could be taught related to 'Sex Education'. At Yew Tree Primary, we have decided not to teach any additional elements beyond the statutory provision for RHE. This means that, at our school, children will learn about puberty in Y5/Y6 and reproduction (from a science perspective) in Y5. This decision shall be reviewed annually and parents/carers will be consulted each year.