



Haylands PSHE Policy

Audience:

Parents, school staff (specifically teachers and leaders) and governors

Other related policies:

Curriculum, Equal Opportunities

Version:

1.0

Review:

Annually or more regularly if necessary

Approved:

By: Katrina Shaer

Date: March 2025



Aims

The National Curriculum states that 'all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.'

According to the Education Act 2002 and the Academies Act 2010, the PSHE curriculum should be a balanced and broadly-based curriculum which 'promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for opportunities, responsibilities and experiences of later life.'

We use a PSHE Programme - 3D PSHE - in which pupils develop the knowledge, skills and attributes needed in order to keep themselves healthy and safe whilst preparing them for life and work.

This policy, provided by Dimensions Curriculum, reflects the 2020 guidance and covers all aspects of Relationships Education and Health Education in an age-appropriate way.

There are three underlying core themes taught throughout Dimensions 3D PSHE, within which there is broad overlap and flexibility :-

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

Pupils are encouraged to participate in a wide variety of activities, enabling them to make significant contributions to both life in school and within the wider community. This allows them to become aware of their skills and talents, develop their self-worth, learn to work as part of a team and take greater responsibility for their own learning. In doing so, they are able to reflect and evaluate on how they are making progress.

The 3D PSHE Programme provides pupils with the means to handle many of the social, cultural, spiritual, physical and moral issues that occur throughout life.

3D PSHE helps pupils to develop and demonstrate skills and attitudes that will allow them to participate fully, and contribute positively, to life in modern Britain. Pupils learn to respect similarities and differences between our diverse cultures in order to build successful and meaningful friendships and relationships that are vital to the world we live in.



Dimensions 3D PSHE supports the development of the attitudes, values, skills and behaviour which enable pupils to:-

- Live healthy lifestyles
- Address personal hygiene
- Develop an awareness of changing and growing
- Deal with different emotions in an appropriate way
- Keep safe
- Communicate well with others and work as a team
- Define, identify and know how to respond to bullying
- Know where and how to seek help when needed
- Treat everybody with respect
- Form and build positive relationships
- Understand the reasons for rules, and their responsibility to keep them
- Learn about their responsibility in caring for others
- Be active in their own learning
- Be active within their community
- Manage money well
- Keep safe online
- Self-assess and identify their strengths and weaknesses
- Know how to make emergency calls
- Know basic First Aid
- Work collaboratively and respectfully
- Appreciate diversity
- Empathise with other points of view
- Express opinions clearly
- Understand the changes that occur in puberty
- Develop strategies for managing changing emotions



Relationships Education (Statutory)

The focus of 3D PSHE in primary school is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults.

3D PSHE teaches pupils, in an age-appropriate way, what a healthy relationship is, enabling them to form a clear understanding of the features of positive relationships that are likely to lead to fulfilment, happiness and security. Pupils learn what friendship is, what family means and who the people are who can support them.

Our school's careful use of 3D PSHE teaches about families in a well-judged and sensitive way, based on a clear knowledge of the pupils and their circumstances, reflecting that some children have different family structures and supportive relationships. They learn how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding, including the differences between appropriate and inappropriate or unsafe physical, and other, contact are the forerunners of teaching about consent, which takes place at secondary.

3D PSHE lessons teach pupils about online safety and appropriate behaviour online, including sharing data and ways in which information provided by users may be used negatively.

3D PSHE's Relationship Education encourages the development and practice of resilience and perseverance, self-respect and self-worth. Pupils are also helped to develop personal attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice. In 3D PSHE, this is achieved through a plethora of exciting and innovative learning experiences for in active citizenship.

Pupils are taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.

They also learn about safe relationships, focusing on boundaries and privacy and ensuring that they understand that they have rights over their own bodies. This also covers understanding boundaries in friendships with peers, in families and with others, in all contexts, including online. In 3D PSHE, pupils are clearly taught how to report concerns and seek advice when they suspect or know that something is wrong. Of paramount importance is ensuring the balance between informing children about making sensible decisions to stay safe (including online) without frightening them unnecessarily, whilst also making it clear that it is never the fault of a child who is exploited or abused, and why victim blaming is always wrong.



Sex Education

Sex Education is not statutory in primary schools.

The National Curriculum for science includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. Our school has determined that we need to cover additional content on sex education to meet the needs of our pupils.

We use the 3D Sex Education Unit. This is tailored to the age and the physical and emotional maturity of our pupils and supports pupils' ongoing emotional and physical development effectively. We ensure that both boys and girls are prepared for the changes that adolescence brings and, drawing on knowledge of the human life cycle set out in the national curriculum for science, understand how a baby is conceived and born.

We consult parents before their children start Year 6 about the detailed content of what will be learnt through the 3D PSHE Sex Education unit. We offer parents support in talking to their children about sex education and how to link this with what is being taught in school.

Parents have the right to withdraw their children from our sex education lessons. Our head teacher will be available to discuss the request with parents to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum, and a record will be kept of this process. The head teacher will discuss with parents the benefits of receiving this education and any detrimental effects that withdrawal might have on the child, for example the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher. These detrimental effects may, of course, be mitigated if the parents propose to deliver sex education to their child at home instead. If a pupil is excused from sex education, our school will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

Our 3D PSHE Sex Education teaching and materials are appropriate, having regard to the age and religious backgrounds, and any special educational needs or disabilities of our pupils.



PSHE Content and Coverage

Dimensions 3D PSHE covers all areas of PSHE for primary schools, as shown in the tables below:-

Nursery Overview

Building Relationships	Lessons
Play with one or more other children, extending and elaborating play ideas <i>(DM 3 & 4 year olds)</i>	Lesson 1 'Let's Play Shops'
Help to find solutions to conflicts and rivalries <i>(DM 3 & 4 year olds)</i>	Lesson 13 'Fair Shares'
Self-Regulation	Lessons
Select and use activities and resources, with help when needed <i>(DM 3 & 4 year olds)</i>	Lesson 5 'Make Your Choice' Lesson 10 'Well Done!'
Increasingly follow rules, understanding why they are important <i>(DM 3 & 4 year olds)</i>	Lesson 14 'The Pantomime'
Do not always need an adult to remind them of a rule <i>(DM 3 & 4 year olds)</i>	Lesson 16 'A Waiting Game'
Develop their sense of responsibility and membership of a community <i>(DM 3 & 4 year olds)</i>	Lesson 6 'Odd Jobs'
Show more confidence in new social situations <i>(DM 3 & 4 year olds)</i>	Lesson 11 'A New Baby'
Becomes more outgoing with unfamiliar people, in the safe context of their setting <i>(DM 3 & 4 year olds)</i>	Lesson 4 'Good Friends'



Managing Self	Lessons
Begin to understand how others might be feeling <i>(DM 3 & 4 year olds)</i>	Lesson 12 'Deaf Girl'
Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried' <i>(DM 3 & 4 year olds)</i>	Lesson 15 'You Smell'
Talk with others to solve conflict <i>(DM 3 & 4 year olds)</i>	Lesson 2 'Who's Playing?'
Develop appropriate ways of being assertive <i>(DM 3 & 4 year olds)</i>	Lesson 2 'Who's Playing?'



Reception Overview

Managing Self	Lessons
Be confident to try new activities and show independence, resilience and perseverance in the face of challenge (ELG) It's all about...taking part!	Lesson 6 'Taking the Plunge' Lesson 15 'One Gold Star'
Explain the reasons for rules, now right from wrong and try to behave accordingly (ELG) It's all about... taking part!	Lesson 5 'What a Problem' Lesson 25 'Litter Bug'
Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices (ELG) It's all about... being smart!	Lesson 3 'I Like...' Lesson 12 'Clean and Tidy' Lesson 21 'Getting in Knot'

Self-Regulation	Lessons
Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly (ELG) It's all about... having heart!	Lesson 2 'Nan's House' Lesson 13 'Bully Boy' Lesson 20 'The New Pet'
Set work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate (ELG) It's all about... being smart!	Lesson 10 'Rainy Days'
Give focused attention to what the teachers says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions (ELG) It's all about... being smart!	Lesson 18 'A Piece of Cake'



Building Relationships	Lessons
Work and play cooperatively and take turns with others (ELG) It's all about... taking part!	Lesson 4 'It's Your Turn' Lesson 9 'Stick to the Rules' Lesson 24 'Playtime Games'
Form positive attachments to adults and friendships with peers (ELG) It's all about... having heart!	Lesson 7 'An Old Friend' Lesson 14 'Family Fun' Lesson 23 'Eid Mubarak'
Show sensitivity to their own and to others' needs (ELG) It's all about... being smart!	Lesson 1 'Hide and Seek' Lesson 11 'I Feel Poorly!' Lesson 19 'Busy Body'



Year One Overview

Autumn 1	<p>Core Theme 3 Unit 1 LESSON 1: Rules / Expectations - We Expect ...</p> <p>Core Theme 3 Unit 1 LESSON 2: Rules / Expectations - Class Charter</p> <p>Core Theme 1 Unit 5 LESSON 6: Internet Safety - E-Safety</p> <p>Core Theme 2 Unit 4 LESSON 1: Friendship - Forever Friends</p> <p>Core Theme 2 Unit 4 LESSON 2: Friendship - Make Friends</p> <p>Core Theme 3 Unit 1 LESSON 3: Taking Turns - It's Your Turn!</p> <p>Safe Zone Year One LESSON 1: Copyright and Ownership</p>
Autumn 2	<p>Core Theme 2 Unit 1 LESSON 7: Good Manners - How Rude!</p> <p>Core Theme 1 Unit 4 LESSON 1: Happiness - Smile!</p> <p>Core Theme 1 Unit 4 LESSON 2: Anger - Grrrr!</p> <p>Core Theme 2 Unit 1 LESSON 1: Feelings - How I Feel</p> <p>Core Theme 2 Unit 1 LESSON 2: Responses - You and Me</p> <p>Core Theme 2 Unit 1 LESSON 3: Opinions - I Think...</p> <p>Safe Zone Year One LESSON 2: Self-Image and Identity</p>
Spring 1	<p>Core Theme 1 Unit 2 LESSON 4: Washing Hands - Meet Grub!</p> <p>Core Theme 1 Unit 1 LESSON 1: Healthy Eating - Vote Green!</p> <p>Core Theme 1 Unit 1 LESSON 2: Healthy Eating - Meat Eaters</p> <p>Core Theme 1 Unit 1 LESSON 3: Healthy Eating - Party Time!</p> <p>Core Theme 1 Unit 1 LESSON 4: Physical Activity - Get Physical!</p> <p>Core Theme 2 Unit 3 LESSON 2: Comparisons - All the Same</p> <p>Safe Zone Year One LESSON 3: Managing Online Information</p>
Spring 2	<p>Core Theme 2 Unit 2 LESSON 1: Definition - A Bully is...</p> <p>Core Theme 2 Unit 2 LESSON 2: Unkindness - Blame Game</p> <p>Core Theme 2 Unit 2 LESSON 3: Behaviour - Bullying is...</p> <p>Core Theme 2 Unit 2 LESSON 4: Behaviour - + and -</p> <p>Core Theme 1 Unit 5 LESSON 4: Personal Safety - Secret Surprise</p> <p>Core Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting Help</p> <p>Safe Zone Year One LESSON 4: Privacy and Security</p>
Summer 1	<p>Core Theme 2 Unit 3 LESSON 6: Kindness - Give a Little</p> <p>Core Theme 2 Unit 4 LESSON 5: Family - My Family</p> <p>Core Theme 2 Unit 4 LESSON 6: Family - Special People</p> <p>Core Theme 3 Unit 1 LESSON 6: Caring - Talking to Plants</p> <p>Core Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers</p> <p>Core Theme 3 Unit 1 LESSON 5: Sharing - Share the Booty</p>
Summer 2	<p>Core Theme 1 Unit 5 LESSON 1: Sun Safety – It's a Cover Up!</p> <p>Core Theme 1 Unit 5 LESSON 2: Road Safety – Green X Code</p> <p>Core Theme 3 Unit 3 LESSON 1: Money - Grows on Trees?</p> <p>Core Theme 3 Unit 3 LESSON 2: Money - Coining it in!</p> <p>Core Theme 3 Unit 3 LESSON 3: Money - Keep Money Safe</p>



Year Two Overview

Autumn 1	<p>Core Theme 2 Unit 4 LESSON 3: Friendship - Hola! Bonjour! Core Theme 2 Unit 4 LESSON 4: Friendship - Share Alike Core Theme 2 Unit 3 LESSON 1: Fair and Unfair - It's Not Fair! Core Theme 3 Unit 2 LESSON 1: Our School - Common Goals Core Theme 3 Unit 2 LESSON 2: Belonging - I Belong ... Core Theme 3 Unit 2 LESSON 3: Belonging - Join Our Club! Core Theme 2 Unit 5 LESSON 7: Staying Safe – I Don't Know You Safe Zone Year Two LESSON 1: Self-Image and Identity</p>
Autumn 2	<p>Core Theme 2 Unit 3 LESSON 4: Right and Wrong - In the Right Core Theme 1 Unit 4 LESSON 5: Consequences - Good v Bad Core Theme 1 Unit 4 LESSON 6: Aspirations - It's a Goal! Core Theme 2 Unit 1 LESSON 4: Co-operation – Negotiation Core Theme 2 Unit 1 LESSON 5: Co-operation - Want to Play? Core Theme 2 Unit 1 LESSON 6: Co-operation - Let's Debate! Safe Zone Year Two LESSON 2: Online Relationships</p>
Spring 1	<p>Core Theme 1 Unit 2 LESSON 5: Keeping Clean - Bath-time Core Theme 1 Unit 2 LESSON 6: Skin - Skinny Tips Core Theme 1 Unit 2 LESSON 1: Dental Hygiene - Brushing Up! Core Theme 1 Unit 2 LESSON 2: Dental Hygiene - Bright White Core Theme 1 Unit 2 LESSON 3: Dental Hygiene - Top Teeth Core Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine Safe Zone Year Two LESSON 3: Online Reputation</p>
Spring 2	<p>Core Theme 1 Unit 3 LESSON 1: Similarities and Differences - Boys v Girls Core Theme 1 Unit 3 LESSON 2: The Human Body - Body Bits Core Theme 1 Unit 3 LESSON 3: Growing Up - All Grown Up Core Theme 1 Unit 3 LESSON 4: Changing Needs - I Need Core Theme 1 Unit 1 LESSON 5: Physical Activity - Mighty Muscles Core Theme 1 Unit 1 LESSON 6: Exercise - Workout! Safe Zone Year Two LESSON 4: Online Bullying</p>
Summer 1	<p>Core Theme 2 Unit 2 LESSON 5: Behaviour - Help Me! Core Theme 2 Unit 3 LESSON 3: Behaviour - In My Shoes Core Theme 2 Unit 3 LESSON 5: Teasing - Cry Baby! Core Theme 3 Unit 2 LESSON 4: Local Citizenship - Our Local Area Core Theme 3 Unit 2 LESSON 5: Local Citizenship - Community Care Core Theme 1 Unit 3 LESSON 5: Responsibility - Who's at Fault? Safe Zone Year Two LESSON 5: Managing Online Information</p>
Summer 2	<p>Core Theme 1 Unit 3 LESSON 6: Emotions – Mood Swings Core Theme 1 Unit 4 LESSON 3: Love - Three Little Words Core Theme 1 Unit 4 LESSON 4: Sadness - How to Cope Core Theme 3 Unit 3 LESSON 4: Money - Shopping List Core Theme 3 Unit 3 LESSON 5: Choices - This or That? Core Theme 3 Unit 3 LESSON 6: Enterprise - Dragons' Den Safe Zone Year Two LESSON 6: Copyright and Ownership Safe Zone Year Two LESSON 7: Privacy and Security</p>



Year Three Overview

Autumn 1	<p>Core Theme 1 Unit 6 LESSON 1: E-Safety – Online Chat Core Theme 1 Unit 6 LESSON 2: Online Privacy – The Secrets Jar Core Theme 1 Unit 6 LESSON 3: Online Privacy – E-Protection Core Theme 3 Unit 1 LESSON 1: Rules – I’m In Charge! Core Theme 3 Unit 1 LESSON 2: Thinking Ahead – Lesson Planning Core Theme 3 Unit 1 LESSON 3: Taking the Lead – Learning Time Safe Zone Year Three LESSON 1: Self-Image and Identity</p>
Autumn 2	<p>Core Theme 2 Unit 5 LESSON 1: Friendship – Best Features Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time Core Theme 2 Unit 5 LESSON 3: Friendship - Falling Out Core Theme 2 Unit 5 LESSON 4: Friendship – The BAFAs Core Theme 1 Unit 5 LESSON 1: Loss / Separation – Lost! Core Theme 1 Unit 5 LESSON 2: Loss / Separation – Found! Safe Zone Year Three LESSON 2: Online Relationships</p>
Spring 1	<p>Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – I Am Who I Am! Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – Hearts and Minds Core Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in One Core Theme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams Safe Zone Year Three LESSON 2: Online Relationships Safe Zone Year Three LESSON 3: Online Reputation</p>
Spring 2	<p>Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot, Dot, Dash Core Theme 2 Unit 1 LESSON 2: How to Listen – Listen Up! Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community Core Theme 3 Unit 2 LESSON 2: School Communities – School Swap Safe Zone Year Three LESSON 4: Health, Well-Being and Lifestyle</p>
Summer 1	<p>Core Theme 1 Unit 7 LESSON 1: Before Puberty – You’ve Grown! Core Theme 1 Unit 7 LESSON 2: Visible Changes – Mind the Gap Core Theme 1 Unit 8 LESSON 1: How to Help – Who to Call Core Theme 1 Unit 8 LESSON 2: Emergency Calls – Calling 999 Core Theme 1 Unit 8 LESSON 3: Emergency Calls – Ambulance, Now! Safe Zone Year Three LESSON 5: Privacy and Security</p>
Summer 2	<p>Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define: Healthy Core Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids? Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice Core Theme 2 Unit 2 LESSON 1: Working Together – Name Game Core Theme 2 Unit 2 LESSON 2: Working Together – Build It Up Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places Safe Zone Year Three LESSON 6: Copyright and Ownership</p>



Year Four Overview

Autumn 1	<p>Core Theme 1 Unit 6 LESSON 4: Online Privacy – It’s Personal</p> <p>Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage</p> <p>Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits</p> <p>Core Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers</p> <p>Safe Zone Year Four LESSON 1: Online Relationships and Online Bullying</p>
Autumn 2	<p>Core Theme 2 Unit 3 LESSON 1: Reactions - Frustration</p> <p>Core Theme 2 Unit 3 LESSON 2: Self-Worth – I’m a Marvel!</p> <p>Core Theme 2 Unit 3 LESSON 3: Persistence and Resilience - Don’t Give Up</p> <p>Core Theme 2 Unit 3 LESSON 4: Negative Persistence – Over and Over</p> <p>Core Theme 1 Unit 5 LESSON 5: Feelings – Overreacting</p> <p>Safe Zone Year Four LESSON 2: Health, Well-Being and Lifestyle</p>
Spring 1	<p>Core Theme 1 Unit 3 LESSON 1: A Balanced Diet – Plant or Animal?</p> <p>Core Theme 1 Unit 3 LESSON 2: A Balanced Diet – Balancing Act</p> <p>Core Theme 1 Unit 3 LESSON 3: Working with Food – Master Chef</p> <p>Core Theme 1 Unit 3 LESSON 4: Working with Food – Our Food Hall</p> <p>Safe Zone Year Four LESSON 3: Online Reputation and Managing Online Information</p>
Spring 2	<p>Core Theme 2 Unit 1 LESSON 3: Responding to Others – Agony Aunts</p> <p>Core Theme 2 Unit 1 LESSON 4: Expressing Opinions – It’s Debatable</p> <p>Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left Behind</p> <p>Core Theme 1 Unit 5 LESSON 4: Family Changes – Two Homes</p> <p>Safe Zone Year Four LESSON 4: Self-Image and Identity</p>
Summer 1	<p>Core Theme 1 Unit 4 LESSON 1: Identified Strengths – I’m Good at That</p> <p>Core Theme 1 Unit 5 LESSON 6: Self-Respect – Let’s Rock!</p> <p>Core Theme 1 Unit 4 LESSON 2: Identified Strengths – Future Me</p> <p>Core Theme 1 Unit 4 LESSON 3: Setting Goals – That’s My Goal!</p> <p>Core Theme 1 Unit 4 LESSON 4: Setting Goals – The Impossible Dream</p> <p>Safe Zone Year Four LESSON 5: Copyright and Ownership</p>
Summer 2	<p>Core Theme 2 Unit 4 LESSON 1: Connections – Paper Chains</p> <p>Core Theme 2 Unit 4 LESSON 2: Family Links – Family Tree</p> <p>Core Theme 2 Unit 4 LESSON 3: Religious Views – Faith Findings</p> <p>Core Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside Outside</p> <p>Core Theme 3 Unit 4 LESSON 1: Money Choices – A Million Dollars</p> <p>Core Theme 3 Unit 4 LESSON 2: Managing Money – Design Choices</p> <p>Safe Zone Year Four LESSON 6: Privacy and Security</p>



Year Five Overview

Autumn 1	<p>Core Theme 3 Unit 1 LESSON 1: Structure – Just Imagine ...</p> <p>Core Theme 3 Unit 1 LESSON 2: Law and Order – In Charge</p> <p>Core Theme 3 Unit 1 LESSON 3: U.N. Rights – Our Rights</p> <p>Core Theme 2 Unit 4 LESSON 5: Online Relationships – A Risky Business</p> <p>Core Theme 1 Unit 5 LESSON 1: Drugs – Just Say No!</p> <p>Core Theme 1 Unit 5 LESSON 2: Alcohol – Drink Aware</p> <p>Safe Zone Year Five LESSON 1: Privacy and Security</p>
Autumn 2	<p>Core Theme 1 Unit 4 LESSON 1: Death and Grief – It’s Natural</p> <p>Core Theme 1 Unit 4 LESSON 2: Death and Grief - Poppies</p> <p>Core Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at War</p> <p>Core Theme 3 Unit 2 LESSON 1: Community Event – We’re Cultured!</p> <p>Safe Zone Year Five LESSON 2: Self-Image and Identity</p>
Spring 1	<p>Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – What’s Puberty?</p> <p>Core Theme 1 Unit 1 LESSON 3: Healthy Lifestyles – You Choose!</p> <p>Core Theme 1 Unit 5 LESSON 3: Tobacco – Up in Smoke</p> <p>Core Theme 1 Unit 5 LESSON 4: Substance Abuse – Let’s Be Frank</p> <p>Safe Zone Year Five LESSON 3: Online Reputation and Managing Online Information</p>
Spring 2	<p>Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional</p> <p>Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret Info</p> <p>Core Theme 2 Unit 1 LESSON 2: Listening – I’m All Ears!</p> <p>Core Theme 2 Unit 1 LESSON 3: Responding – Scenarios</p> <p>Safe Zone Year Five LESSON 4: Health, Well-Being and Lifestyle</p>
Summer 1	<p>Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters</p> <p>Core Theme 1 Unit 2 LESSON 2: Food Choices – Invention Team</p> <p>Core Theme 1 Unit 2 LESSON 3: Cooking – Michelin Stars</p> <p>Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive</p> <p>Safe Zone Year Five LESSON 5: Copyright and Ownership</p>
Summer 2	<p>Core Theme 2 Unit 2 LESSON 1: Responding - Scrabble</p> <p>Core Theme 2 Unit 2 LESSON 2: Shared Goals – It’s All Go!</p> <p>Core Theme 2 Unit 2 LESSON 3: Community Spirit – All Join In</p> <p>Core Theme 1 Unit 5 LESSON 5: Basic First-Aid – First Aids Tips</p> <p>Safe Zone Year Five LESSON 6: Online Relationships and Online Bullying</p>



Year Six Overview

Autumn 1	Core Theme 1 Unit 3 LESSON 1: Identified Strengths – Big Dreams Core Theme 1 Unit 3 LESSON 2: Identified Strengths – Big Achievers Core Theme 1 Unit 3 LESSON 3: Setting Goals – ‘Super Futures’ Core Theme 1 Unit 3 LESSON 4: Setting Goals – I Can Do That! Core Theme 1 Unit 5 LESSON 6: Internet Safety – Fake News Safe Zone Year Six LESSON 1: Online Reputation and Managing Online Information
Autumn 2	Core Theme 2 Unit 3 LESSON 1: Race and Ethnicity – United States? Core Theme 2 Unit 3 LESSON 2: Gender Stereotypes – Jobs 4 All Core Theme 2 Unit 3 LESSON 3: Culture – Cultural Feast Safe Zone Year Six LESSON 2: Online Relationships and Online Bullying
Spring 1	Core Theme 1 Unit 1 LESSON 4: Physical Illness – Bleugh! Core Theme 1 Unit 1 LESSON 6: Immunisation – One Sharp Scratch Core Theme 2 Unit 4 LESSON 3: Marriage – I Promise... Safe Zone Year Six LESSON 3: Self-Image and Identity
Spring 2	Core Theme 1 Unit 1 LESSON 5: Healthy Minds – Young Minds Core Theme 2 Unit 4 LESSON 4: Mental Wellbeing – Mind Business Core Theme 2 Unit 4 LESSON 2: Support and Care – Connections Safe Zone Year Six LESSON 4: Health, Well-Being and Lifestyle
Summer 1	Core Theme 3 Unit 3 LESSON 1: Budgeting – Money Supermarket Core Theme 3 Unit 3 LESSON 2: Consumer Sense – Payment Terms Core Theme 3 Unit 3 LESSON 3: Consumer Sense – A Class Catalogue! Safe Zone Year Six LESSON 5: Privacy and Security
Summer 2	Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money Safe Zone Year Six LESSON 6: Copyright and Ownership

3D PSHE Sex Education Unit

We use the 3D Sex Education Unit. This covers close relationships, including friendships, that often form during puberty; the physical, mental and emotional changes that take place during puberty; sexual relationships; busting some myths about sex; the features of healthy and unhealthy relationships; gender identities; an awareness of transgender issues; the difference between transgender and cross-dressing.

3D PSHE Extremism and Radicalisation Unit

We use the 3D PSHE Extremism and Radicalisation Units. In KS1 we cover understanding the differences between ‘fact’ and ‘opinion’; recognising and respecting similarities and differences between people; how to deal with confrontation; understanding that difference is a positive feature. In KS2 we look at how to deal with peer pressure; how extremism manifests itself; homophobia and racism as extremist behaviours; terrorism.



3D PSHE Substance Related Abuse Unit

We use the 3D Substance Related Abuse Unit. This covers keeping safe; understanding some of the consequences of risk-taking; knowing some of the different forms addiction can take; the names of the most common drugs; how advertising influences our choices.

In-house Information

How we monitor, evaluate and assess teaching and learning in PSHE

Who is responsible for leading PSHE?
Miss Courtney Driver

Who is responsible for teaching PSHE?
All teaching staff in school

How is delivery of content made accessible to all of our pupils, including those with SEND?
Lessons are varied and adapted to meet the needs of all pupils

Bibliography

This Dimensions 3D Primary PSHE Policy is informed by the following links:-

- [Academies Act 2010](#)
- [Children and Social Work Act 2017](#)
- [Education Act 2002](#)
- [Guidance on Relationships, Relationships and Sex Education, and Health Education](#)
- [Parliament UK Report 2019](#)
- [PSHE Association](#)

Appendices

For further guidance on Relationships Education (Primary), Relationships and Sex Education (RSE – Secondary) and Health Education (Primary and Secondary), please visit the following:

[Guidance on Relationships, Relationships and Sex Education, and Health Education](#)