



# PSHE and RSE Policy

(Personal, Social, Health, Emotional and Relationships and Sex Education)

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# CONTENTS

	<b>Page</b>
<b>Intent:</b>	
Aims	3
Relationships and Sex Education (RSE)	3
Equal Opportunities	4
Partnerships	5
<b>Implementation:</b>	
Organisation	5
PSHE Content	5
Teaching and Learning	6
<b>Impact:</b>	
Monitoring and Assessment	7
Related Policies	7
<b>Appendices</b>	
3D PSHE Scheme content	8

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## ***Intent***

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### **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.*'

At Woodloes Primary School, we celebrate the fact that we are a diverse family and believe that individual uniqueness should be celebrated. Just like no fingerprint is the same, everyone within our school is different; therefore, our role as educators is to support our students in embracing uniqueness and individuality. At Woodloes, we want our pupils to feel safe and supported when exploring who they are, and for them to develop confidence and self-esteem.

As a school, we want the children to embrace differences, challenge disrespect and care for one another. These fundamental skills are vital to become successful individuals who contribute in a positive manner in the local and wider community. As well as promoting mutual respect and tolerance, we also want to provide individuals with necessary life skills to manage any future challenges.

The wellbeing of our pupils is paramount and supporting them through times of change is vital. Therefore, we aim to provide the skills required to self-regulate emotions, articulate worries and concerns to enable them to become confident, competent learners.

### **Relationships and Sex Education - RSE (2020 statutory guidance and implementation):**

RSE is included within the PSHE curriculum; at Woodloes Primary School, this also incorporates the optional section of sex education. We focus on developing the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults. This includes positive emotional health, including how friendships can support mental wellbeing. The 3D PSHE scheme 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.

Our school's use of 3D PSHE and Medway Primary PSHE Education resources, approved by the PSHE Association, teaches pupils about families in a 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 and showing respect and understanding, including the differences between appropriate and inappropriate or unsafe physical contact, are the forerunners of teaching about consent, which prepares the pupils for further detailed content in secondary school.

The pupils learn about online safety and appropriate behaviour online, including sharing data and ways in which information provided by users may be used negatively. Pupils 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 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.

We use the Medway Primary PSHE resources, approved by the PSHE Association to plan and deliver sex education and puberty sessions. This is tailored to the age and the physical and emotional maturity of our pupils and supports pupils' ongoing emotional and physical development effectively. The teaching and materials used are appropriate with regard to religious and cultural backgrounds, make up of family units and special educational needs or disabilities of our pupils. Boys and girls are taught together to prepare them adolescence 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.

Prior to teaching the sex education units, we consult parents at Woodloes Primary by requesting permission for their children to take part in the sessions; lesson objectives are also provided to parents to allow for opportunities of further discussion if required.

Parents have the right to withdraw their children from our sex education lessons and are required to state this on the permission form. Puberty session are mandatory and therefore pupils cannot be removed from these sessions. The Head Teacher / Deputy Head 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/ Deputy Head will discuss 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.

### **Equal Opportunities:**

The school is committed to the provision of PSHE and RSE to all of its pupils. Our programme aims to respond to the diversity of children's cultures, faiths and family backgrounds. We ensure PSHE and RSE lessons are inclusive and meet the needs

of all our pupils, including those with Special Educational Needs and Disabilities (SEND) which will be considered in accordance with the SEND Policy. Teachers will be responsible for ensuring they are knowledgeable in the lessons being taught, enabling them to have the ability to adapt lessons, content and resources to the needs and abilities of the children within their class. In cases where teachers lack confidence to do so, they will be required to seek support from the PSHE lead and or the SENDCo (Special Education Needs and Disability Co-ordinator).

### **Partnerships:**

Our pupils are regularly consulted about their own personal, social and citizenship development through assemblies, *Protective Behaviours* and the *Dimensions* PSHE scheme. The school council play a significant role in the decision-making in respect of the children's behaviours and attitudes to learning, as set out in the Behaviour Policy. They see their roles as pivotal to their personal development and to that of others in the school community. This is evident in their moral and social responsibilities towards each other and the school and demonstrated by the strategies introduced, such as whole school celebrations or events, whole school rewards and the 'Marbles' system put in place in January 2022 (please refer to the Behaviour Policy).

All parents and carers, governors and staff were invited to a consultation in Spring Term 2019 where the 2020 statutory regulations and guidance was explained. To ensure parents and carers are aware of their child's development in PSHE, Woodloes involves them in the following ways:

- Parent drop-in sessions
- Termly report evenings
- Termly reports noting attainment and progress
- Year group emails for home/school contact

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## ***Implementation***

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### **Organisation:**

PSHE is taught throughout each academic year as both specific teaching and through cross-curricular opportunities to enable all areas of study to be explored. At Woodloes Primary School, our PSHE programme is underpinned by the 3 Dimensions Scheme of Work, which is compliant with the PSHE Association. The scheme is divided into 3 core areas: relationships, health and wellbeing and living in the wider world, which meet the 2020 statutory government requirements. In addition to this, the school will continue to deliver Protective Behaviour sessions linked to the Warwickshire County Council Taking Care Scheme. Within the school, PSHE is clearly planned for each year group to enable progression and continuity of content.

Throughout their time at Woodloes Primary, the pupils will develop their understanding of RSE (Relationships and Sex Education). Although sex education is not compulsory within the primary sector, it provides children with factual information of bodies, families, puberty and conception within a safe environment. Parents have the right to withdraw their children from sex education sessions, however relationships education

sessions are compulsory for all pupils. Pupils will have opportunities to ask questions to clarify their understanding. When answering children's questions, teachers will adopt an honest and open approach, appropriate to the child's age and to the circumstances of the question; the teacher will make a judgement on whether an answer is more appropriate to the whole class or individually.

### **PSHE Content**

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

### **Teaching and Learning:**

The Early Learning Goal, Physical, Emotional and Personal Development, includes positive relationships between peers and adults; takes into account others feelings and ideas so they can work cooperatively; turn-taking and sharing which are fundamental to the further development of relationships. Within these learning areas, pupils will learn how to take safe risks, have confidence in themselves and persevere when faced with new challenges and ideas. Emotional development is key to successfully working with others and developing relationships so students will develop an understanding of different emotions and begin to problem solve these feelings so they can be independent learners.

In Key Stages 1 and 2, PSHE is broken down into six units per year group, taught by class teachers over each half term. Although the majority of PSHE is taught as an isolated subject, in line with the 2020 DFE statutory guidance, it is embedded into the wider curriculum and school life, covering areas such as internet safety, healthy hearts and bodies, relationships and sex education.

### **PSHE Subject Leader:**

The main role of the PSHE subject leader is to support the successful planning, delivery, implementation and assessment of PSHE across the school. Throughout the academic year, the subject leader will:

- Undertake a Deep Dive (including pupil interviews, teacher questionnaires, triangulation of planning, delivery and outcome)
- Deliver CPD training sessions for staff
- Support individual staff as required with the implementation
- Ensure resources are in place for the teaching of Protective Behaviours and PSHE
- Facilitate focused events to support PSHE, such as Anti-Bullying week

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### ***Impact***

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### **Monitoring and Assessment:**

During lessons, children are offered verbal feedback to support their achievement of lesson objectives. Following this, where appropriate, written feedback may be provided to children to allow them to reflect on learning and apply it in further contexts within the wider curriculum.

The terminology used by the programme, breaks the learning outcomes into 'emerging, expected and exceeding'. This is used by teachers to inform future planning so that they can ensure children's knowledge is secure, and supports teacher judgements linked to Woodloes' foundation assessment for PSHE.

At Woodloes Primary School, pupils' attainment and progress in PSHE is assessed using Assessing Without Levels (AWOL) skills-based targets that have been developed by the school (after reference to the National Curriculum and Cornerstones Assessment System); ensuring the accuracy of assessment relative to national standards.

### **Related Policies:**

Other related policies and documents include the Internet Safety Policy, Behaviour Policy, Anti-Bullying Policy and Child Protection Policy, all of which can be viewed on our school website.

## Appendix 1: PSHE Content and Coverage (Saplings to Year 6)

Dimensions 3D PSHE covers all areas of PSHE for primary schools, as shown in the tables below. Medway Primary PSHE compliments the 3D PSHE scheme for puberty and sex education sessions taught in years 5 and 6. Both schemes are approved by the PSHE Association.

### Saplings Overview

<b>Making relationships</b>	<b>Lessons</b>
Plays in a group, extending and elaborating play ideas (DM 30-50 months)	Lesson 1 'Let's Play Shops'
Initiates play, offering cues to peers to join in (DM 30-50 months)	Lesson 2 'Who's Playing'
Responds to what others say or do and keeps play going (DM 30-50 months)	Lesson 2 'Who's Playing'
Demonstrates friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults (DM 30-50 months)	Lesson 4 'Good Friends'

<b>Self Confidence / Awareness</b>	<b>Lessons</b>
Selects and uses activities and resources with help (DM 30-50 months)	Lesson 5 'Make Your Choice'
Enjoys responsibility of carrying out small tasks (DM 30-50 months)	Lesson 6 'Odd Jobs'
Talks confidently to other children when playing (DM 30-50 months)	Lesson 7 'Chatterbox!'
Communicates freely about own home and community (DM 30-50 months)	Lesson 8 'Where I Live'
Shows confidence in asking adults for help (DM 30-50 months)	Lesson 9 'Can You Help?'
Welcomes and values praise for what they have done (DM 30-50 months)	Lesson 10 'Well Done!'
Is more outgoing towards unfamiliar people and more confident in new social situations (DM 30-50 months)	Lesson 11 'A New Baby'

<b>Managing Feelings / Behaviour</b>	<b>Lessons</b>
Begins to accept the needs of others (DM 30-50 months)	Lesson 12 'Deaf Girl'
Takes turns and shares resources, sometimes with support (DM 30-50 months)	Lesson 13 'Fair Shares'
Adapts behaviour to different events, social situations and changes in routine (DM 30-50 months)	Lesson 14 'The Pantomime'
Is aware of own feelings and knows that some actions and words can hurt others' feelings (DM 30-50 months)	Lesson 15 'You Smell!'



Can usually tolerate delay when needs are not immediately met, and understands wishes may not always be met (DM 30-50 months)	Lesson 16 'A Waiting Game'
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## **Reception Overview**

Curriculum Provision, for each half term, will state which lessons are intended to be taught that half term.

<b>Making relationships</b>	<b>Lessons</b>
Initiates conversations, attends to and takes account of what others say (DM 40-60 months) It's all about...taking part!	Lesson 7 'An Old Friend'
Explains own knowledge and understanding (DM 40-60 months) It's all about... taking part!	Lesson 16 'All Join In' Lesson 23 'Eid Mubarak!'
Asks appropriate questions of others (DM 40-60 months) It's all about... being smart!	Lesson 11 'I Feel Poorly' Lesson 18 'A Piece of Cake'
Takes steps to resolve conflicts with other children by finding compromises (DM 40-60 months) It's all about...where to start!	Lesson 4 'It's Your Turn'
Plays co-operatively, taking turns with others (ELG) It's all about...taking part!	Lesson 4 'It's Your Turn' Lesson 24 'Playtime Games' Lesson 25 'Litter Bug!'
Takes account of one another's ideas about how to organise an activity (ELG) It's all about... having heart!	Lesson 10 'Rainy Days' Lesson 19 'Busy Body'
Shows sensitivity to others' needs and feelings and form positive relationships with adults and other children (ELG) It's all about... having heart!	Lesson 1 'Hide and Seek' Lesson 7 'An Old Friend' Lesson 14 'Family Fun' Lesson 23 'Eid Mubarak!'

<b>Self Confidence / Awareness</b>	<b>Lessons</b>
Confident to speak to others about own needs, wants, interests and opinions (DM 40-60 months) It's all about... being smart!	Lesson 3 'I Like...' Lesson 10 'Rainy Days' Lesson 25 'Litter Bug!'
Can describe self in positive terms and talk about abilities (DM 40-60 months) It's all about... being smart!	Lesson 8 'Me and You' Lesson 15 'One Gold Star'

<b>Self Confidence / Awareness</b>	<b>Lessons</b>
Confident to try new activities (ELG) It's all about...being smart!	Lesson 6 'Taking the Plunge'

Says why they like some activities more than others (ELG) It's all about... being smart!	Lesson 2 'Nan's House'
Confident to speak in a familiar group (ELG) It's all about... taking part!	Lesson 10 'Rainy Days'
Talks about their ideas (ELG) It's all about... being smart!	Lesson 10 'Rainy Days'
Chooses resources they need for their chosen activities (ELG) It's all about... being smart!	Lesson 18 'A Piece of Cake'
Says when they do or don't need help (ELG) It's all about... being smart!	Lesson 6 'Take the Plunge' Lesson 17 'I'm Stuck' Lesson 21 'Dressing Up' Lesson 22 'E-Safety, Be Safe'

<b>Managing Feelings / Behaviour</b>	<b>Lessons</b>
Beginning to be able to negotiate and solve problems without aggression (DM 40-60 months) It's all about...where to start!	Lesson 5 'What a Problem' Lesson 25 'Litter Bug!'
Talks about how they and others show feelings (ELG) It's all about... having heart!	Lesson 2 'Nan's House' Lesson 20 'The New Pet'
Talks about their own and others' behaviour and its consequences (ELG) It's all about... being smart!	Lesson 12 'Clean and Tidy' Lesson 13 'Bully Boy' Lesson 24 'Playtime Games'
Works as part of a group or class, and understands and follows the rules (ELG) It's all about... taking part!	Lesson 9 'Stick to the Rules'

## Year One Overview

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

## Year Two Overview

Overall Topic Title:	Suggested 3D PSHE Content Coverage:	Term Taught:
Belonging	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	Autumn a
Consequences and co-operation	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!	Autumn b
Keeping healthy	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	Spring a
Changing bodies	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!	Spring b
Behaviour and responsibilities	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?	Summer a
Emotions and choices	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	Summer b

### 3D PSHE Safe Zone:

This additional unit will be taught across Key Stage One: four lessons in year one and seven in year two. These additional lessons will equip children with the knowledge and skills required to stay safe online and provide them with the ability to identify when experiences online feel unsafe and how to seek help when concerns arise.

## Year Three Overview

Overall Topic Title:	Suggested 3D PSHE Content Coverage:	Term Taught:
Safety and taking charge	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	Spring a
Friendships and loss	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!	Spring b
Keeping healthy	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	Autumn a
Listening and community	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	Autumn b
Changes and emergencies	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!	Summer a
Health and relationships	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	Summer b

## **Year Four Overview**

Overall Topic Title:	Suggested 3D PSHE Content Coverage:	Term Taught:
Internet use	Core Theme 1 Unit 6 LESSON 4: Online Privacy – It's Personal Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits Core Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers	Spring a
Persistence and resistance	Core Theme 2 Unit 3 LESSON 1: Reactions - Frustration Core Theme 2 Unit 3 LESSON 2: Self-Worth – I'm a Marvel! Core Theme 2 Unit 3 LESSON 3: Persistence and Resilience - Don't Give Up Core Theme 2 Unit 3 LESSON 4: Negative Persistence – Over and Over Core Theme 1 Unit 5 LESSON 5: Feelings - Overreacting	Spring a
Keeping healthy	Core Theme 1 Unit 3 LESSON 1: A Balanced Diet – Plant or Animal? Core Theme 1 Unit 3 LESSON 2: A Balanced Diet – Balancing Act Core Theme 1 Unit 3 LESSON 3: Working with Food – Master Chef Core Theme 1 Unit 3 LESSON 4: Working with Food – Our Food Hall	Summer b
Family and friends	Core Theme 2 Unit 1 LESSON 3: Responding to Others – Agony Aunts Core Theme 2 Unit 1 LESSON 4: Expressing Opinions – It's Debatable Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left Behind Core Theme 1 Unit 5 LESSON 4: Family Changes – Two Homes	Summer a
Realising strengths and Setting goals	Core Theme 1 Unit 4 LESSON 1: Identified Strengths – I'm Good at That Core Theme 1 Unit 5 LESSON 6: Self-Respect – Let's Rock! Core Theme 1 Unit 4 LESSON 2: Identified Strengths – Future Me Core Theme 1 Unit 4 LESSON 3: Setting Goals – That's My Goal! Core Theme 1 Unit 4 LESSON 4: Setting Goals – The Impossible Dream	Spring b
Making choices	Core Theme 2 Unit 4 LESSON 1: Connections – Paper Chains Core Theme 2 Unit 4 LESSON 2: Family Links – Family Tree Core Theme 2 Unit 4 LESSON 3: Religious Views – Faith Findings Core Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside Outside Core Theme 3 Unit 4 LESSON 1: Money Choices – A Million Dollars Core Theme 3 Unit 4 LESSON 2: Managing Money – Design Choices	Autumn b

## Year Five Overview

Overall Topic Title:	Suggested 3D PSHE Content Coverage:	Term Taught:
Structures and safety	Core Theme 3 Unit 1 LESSON 1: Structure – Just Imagine ... Core Theme 3 Unit 1 LESSON 2: Law and Order – In Charge Core Theme 3 Unit 1 LESSON 3: U.N. Rights – Our Rights Core Theme 2 Unit 4 LESSON 5: Online Relationships – A Risky Business Core Theme 1 Unit 5 LESSON 1: Drugs – Just Say No! Core Theme 1 Unit 5 LESSON 2: Alcohol – Drink Aware	Summer a
Managing conflicts and loss	Core Theme 1 Unit 4 LESSON 1: Death and Grief – It's Natural Core Theme 1 Unit 4 LESSON 2: Death and Grief - Poppies Core Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at War Core Theme 3 Unit 2 LESSON 1: Community Event – We're Cultured!	Autumn b
Keeping healthy	Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – What's Puberty? Core Theme 1 Unit 1 LESSON 3: Healthy Lifestyles – You Choose! Core Theme 1 Unit 5 LESSON 3: Tobacco – Up in Smoke Core Theme 1 Unit 5 LESSON 4: Substance Abuse – Let's Be Frank	Summer b
Respect and responding	Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret Info Core Theme 2 Unit 1 LESSON 2: Listening – I'm All Ears! Core Theme 2 Unit 1 LESSON 3: Responding – Scenarios	Spring a
Healthy choices	Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters Core Theme 1 Unit 2 LESSON 2: Food Choices – Invention Team Core Theme 1 Unit 2 LESSON 3: Cooking – Michelin Stars Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive	Spring b
Community responsibility	Core Theme 2 Unit 2 LESSON 1: Responding - Scrabble Core Theme 2 Unit 2 LESSON 2: Shared Goals – It's All Go! Core Theme 2 Unit 2 LESSON 3: Community Spirit – All Join In Core Theme 1 Unit 5 LESSON 5: Basic First-Aid – First Aids Tips	Autumn a

Puberty is taught in the summer terms of Year 5. The resources for these sessions have been prepared using 3D PSHE and Medway Primary PSHE – both schemes have been approved by the PSHE Association. <https://www.pshe-association.org.uk/>

## Year Six Overview

Overall Topic Title:	Suggested 3D PSHE Content Coverage:	Term Taught:
Realising strengths and setting goals	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	Summer b
Race, Gender and culture	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	Summer a
Illness and commitments	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...	Spring b
Healthy bodies and minds	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	Spring a
Money choices	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!	Autumn b
Making money	Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money	Autumn b

RSE is taught in the summer terms of Years 5 and 6. The resources for these sessions have been prepared using 3D PSHE and Medway Primary PSHE – both schemes have been approved by the PSHE Association. <https://www.pshe-association.org.uk/>