Reepham Church of England Primary School

Personal, Social, Heath and Economic Education (PSHE) and Relationships, Sex and Health Education (RSHE) Policy

September 2026

Introduction

Our PSHE and RSHE programmes promote the spiritual, moral, cultural, mental and physical development of all pupils at Reepham Church of England Primary School, preparing them for the opportunities, responsibilities and experiences of later life. PSHE and RSHE are closely aligned, and therefore this combined policy sets out our approach to both areas of the curriculum.

We recognise the importance of Personal, Social, Health and Economic Education in enabling pupils to develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and to prepare them for life and work.

As a maintained primary school, we are required to provide Relationships Education and Health Education to all pupils in line with the Children and Social Work Act 2017 and the Department for Education's statutory guidance on Relationships Education, Relationships and Sex Education and Health Education. We have also ensured that our curriculum is balanced and in line with the requirements of the Education Act 2002.

At Reepham Church of England Primary School, we use the **3D PSHE and Citizenship** programme to support the delivery of PSHE and RSHE. Additional resources, including **Positive Health Lincolnshire**, are used where appropriate to support specific aspects of our curriculum.

For convenience, this policy is divided into two parts:

Part 1 – Relationships, Sex and Health Education (RSHE).
Part 2 – Personal, Social, Health and Economic Education (PSHE).

Part 1: Relationships, Sex and Health Education

Statutory Context

This policy has been written in line with the Department for Education's statutory guidance on Relationships Education, Relationships and Sex Education (RHSE) and Health Education, a link to this can be found here.

We have also followed the Department for Education 'Introduction to Requirements' statutory guidance to ensure that we are creating a curriculum which allows our pupils to make informed decisions about their health, wellbeing and positive relationships with others. This information can be found here.

Aims of RSHE

RSHE supports pupils to learn about the emotional, social and physical aspects of growing up, healthy relationships, human sexuality and sexual health, as well as the spiritual and moral decisions of relationships.

Through RSHE, pupils learn how to:

- Develop and maintain healthy relationships
- Recognise the importance of respect, kindness and dignity in relationships
- Keep themselves safe, both online and offline
- Understand the changes that take place as they grow and develop
- Recognise and respond appropriately to unsure or unhealthy relationships

Relationships Education

Relationships Education helps pupils learn how to:

- Value and appreciate existing relationships
- Form new healthy relationships
- Enjoy strong, positive, caring and non-exploitative relationships, both online and in person

This includes teaching about:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships and safe online behaviour

Sex Education

Sex Education is not compulsory in primary schools. However, schools may choose to provide it. We believe that teaching children with this knowledge helps to prepare them for their future. We ensure our provision is age-appropriate and informed by the age and needs of our pupils.

We use the 3D Relationships and Sex Education unit, alongside Positive Health Lincolnshire, to support this teaching. Our provision includes aspects of the human life cycle from the Science curriculum and helps pupils understand how a baby is conceived and born.

In Year 6, pupils will learn about:

- How pregnancy happens
- How babies are born
- The responsibilities involved in caring for a baby
- The age of consent
- Saying no in a digital world
- Different types of relationships
- Love and marriage
- Gender and identity
- Who to speak to if they have worries about their health or relationships

These areas are taught sensitively and appropriately, taking account of the age, religious backgrounds and needs of our pupils.

Key Vocabulary and Terminology

Appendix A shows a table which covers all of the key vocabulary and terminology that the children will be exposed to during their PSHE lessons. The table is split into year groups and then grouped into the different core themes we cover in our PSHE curriculum.

The Department for Education now state that children should be exposed to using the correct terminology for body parts. This information is on page 25 under the Developing Bodies section and can be found here.

Year Group	Autumn Term – Relationships	Spring Term – Health and Wellbeing	Summer Term – Citizenship
EYFS	Sorry, thank you, fireman/woman, ambulance, 999, emergency, help, nurse, doctor, parent, challenge, ingredients, bully, bullying, sad, hurt, upset, cross, friends, taking turns, leader, bossy, rude, fair, helpful, happy, feeling, excited, identical, twins, brother, sister, sibling, similar, different, unique, teacher, travel, experiences, special people, grandparents, parents, family, best friend, friend, relatives, mum, dad, uncle, auntie, cousins, siblings	Poorly, sick, unwell, better, medicine, doctor, nurse, exercise, healthy, race, sport, winning, losing, celebrating, prefer, choose, favourite, dislike, want, need, germs, clean, tidy, washing hands, brushing teeth, getting dressed, clothes, shoes, sorry, thank you, special people, grandparents, parents, friends, family	Agree, rules, compromise, share, disagree, listen, follow, help try, new, confident, support, encourage, boring, idea, play, decide, achievement, trying hard, happy, Eid, Islam, Muslim, celebration, fasting, Ramadan, religion, mosque, games, food
Year 1	Share, opinion, explain, view, listen, co-operatively, importance, independently, role, group, collaborate, common goal, bullies, bullying, behaviour, choices, name-calling, hurtful, family, friends, care, affect, positive, negative, kind, unkind, fair, unfair, discussion, recognise, relationship, peers, respect, similarities, differences, identify, special, difference, secret, surprise, appropriate, my work, save, filename, copy, feelings, embarrassed, identity,	Muscles, positive, choices, physical activity, healthy, regular, benefit, health, choice, improve, well-being, eating, protein, balanced, diet, dental, hygiene, effective, cleaning, care, brushing, manage, personal hygiene, importance, bathing, showering, basic, respect, similarities, differences, process, growing, young, old, change, need, grow, develop, physical, experience, happiness, feelings, recognise, behaviour, affect,	Take turns, rules, collaborative, share, appropriate, sharing, responsibility, consider, needs, living things, responsibilities, community, local environment, job, career, money, notes, coins, role, society, work, choices, spend, want, need, safe, contribute, belonging, wider community, my work, save, filename, copy, feelings, embarrassed, identity, myself, search engine, risks, assessing, private, privacy,

	myself, search engine, risks, assessing, private, privacy, password, security, information	influence, negative, love, deal, safety, risk, rules, road safety, awareness, Green Cross Code, skills, my work, save, filename, copy, embarrassed, identity, myself, search engine, risks, assessing, private, privacy, password, security, information	password, security, information
Year 2	Debate, topical issues, opinion, explain, view, reflect, similarities, differences, conventions, courtesy, manners, teasing, name-calling, one off, persistent, affected, bullying, care, wrong, deal, adult, necessary, friends, relationships, peers, respect, right, fair, unfair, countries, languages, cross-cultural, sharing, friendship, kindness, respond, safe, appropriate, encounter, online, context, email, identity, myself, real life, personal information, private, relationship, pen-pal, reputation, responsibility, messaging, cyber-bullying, unkind, research, search engine, analyse, accurate, copy, idea, magpie, copyright, my own work, password, key, unique, permission	Physical activity, rest, balanced, healthy, lifestyle, choices, sleep, relax, bedtime routine, grow, repair, injection, vaccination, syringe, medication, disease, protein, diet, healthy eating, positive, menu, dental, hygiene, health, wellbeing, improve, eradicate, germs, spread, infection, **penis, vulva, body, private, PANTS Rule**, same, different, feelings, emotions, manage, recognise, aware, sadness, coping, change, loss, actions, consequences, responsibility, behaviour, affects, influences, negative, loneliness, friendship, medicine, safety, substance, harm, help, fire, escape plan, safe place, fire risks, emergency, 999, call, responder, fire service, ambulance, police, email, identity, myself, real life, online, personal information, relationship, pen-pal, reputation, messaging, cyber-bullying, unkind, research, search engine, analyse, accurate, copy, idea, magpie, copyright, my own work, password, key, unique, permission	Rules, expectations, contribute, improve, common, responsibility, right, wrong, borrowing, strengths, goals, long-term, short -term managing, carefully, afford, items, want, buy, choices, spending, wisely, enterprise, local, community, role, local environment, common goal, relationships, local community, shared responsibility, communities, email, identity, myself, real life, online, personal information, private, relationship, pen-pal, reputation, messaging, cyber-bullying, unkind, research, search engine, analyse, accurate, copy, idea, magpie, copyright, my own work, password, key, unique, permission

Year 3	Communicate, clearly, recall, supportive, listening, respond, isolated, hostile, incidents, bullying, attitude, behaviour, peer pressure, choice, self-esteem, peer-pressure, opinion, connected, similarities, recognise, respect, family unit, differ, empathise, viewpoint, appreciate, cultures, religions, tolerance, faiths, beliefs, self-respect, happiness, features, positive, relationships, opinions, co-operatively, fairness, consideration, friendships, repair, strengthen, resort, violence, boundaries, appropriate, peers, digital, avatar, identity, private, learning platform, online, real world, cyber-bulling, persistence, comments, apps, personal information, sharing, digital footprint, stored data, online presence, offline, hobbies, online access, passwords, location settings, memorable information	Healthy, lifestyle, recommended, guidelines, physical, responsibility, action, balance, nutrition, achieve, mental, healthy lifestyle, balanced diet, ingredients, protein, carbohydrate, dairy, fats, function, vitamins, rate, grow, differ, awareness, change, hygiene, sweat, hair, skin, hormones, oil, deodorant, reflect, empathise, viewpoint, respond, views, feelings, heat stroke, heat exhaustion, dizzy, sweating, swim, surf, lifeguard, beach, cough, sneeze, illness, common cold, avatar, identity, private, communicate, learning platform, online, real world, cyber-bullying, persistence, comments, apps, personal information, sharing, digital footprint, stored data, online presence, offline, hobbies, online access, passwords, location settings, memorable information, sources, copyright, ownership, content	Rules, situation, change, consequences, actions, result, strengths and weaknesses, realistic, targets, self-assess, future, co-operatively, fairness, consideration, collaboratively, prioritise, independent, goals, identify, improve, environment problem, avatar, identity, private, communicate, learning platform, online, real world, personal information, sharing, digital footprint, stored data, online presence, offline, hobbies, online access, passwords, location settings, memorable information, sources, copyright, ownership, content
Year 4	Communicate, opinions, consideration, views, responsible, choices, consider, consequences, resilience, persistence, character, traits, challenges, seek, aggressiveness, family units, change, diversity, appreciate, challenge, stereotyping, discrimination, stereotype, gender, race, stereotype, immigrant, migration, characteristics, mutual, respect,	physical, emotional, mental, self-aware, feelings, emotions, tension, menu, balanced, savoury, sweet, prepare, cook, dishes, co-operatively, fairness, consideration, growing, **puberty, physical changes, hormones, periods, menstruation, cycle, sanitary products, tampon, pad**, strategies, managing, controlling, judge, feeling, behaving, appropriate,	Achieve, goal, identity, strengths, weakness, improve, sills, reflect, spending, habits, choices, finances, financial, management, contactless, phone wallet, digital payment, money, gamble, bet, win, lose, games, habitats, community, contribute, cultures, awareness, downtime, behaviour, online hobbies, online relationships,

	truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing, interests, experiences, support, difficulties, relationships, boundary, close friend, best friend, family member, personal space, stranger, police, paramedic, teacher, doctor, downtime, behaviour, online hobbies, online relationships, positive, negative, screentime, screen free, scrolling, positive and negative distractions, fake information, validity, check, research, true, false, relevance, fact check, identity, anonymous, avatar, online identity, real-life, privacy, sources, copyright, ownership, content, consent, data, age-limit, permissions, information, digital age	proportionate, isolated, lonely, friends, first aid, cuts, bruises, minor burn, nosebleed, pharmacist, prescription, over the counter medicine, drug safety, downtime, behaviour, online hobbies, online relationships, positive, negative, screentime, screen free, scrolling, positive and negative distractions, fake information, validity, check, research, true, false, relevance, fact check, identity, anonymous, avatar, online identity, real-life, privacy, sources, copyright, ownership, content, sharing, consent, data, age-limit, permissions	positive, negative, screentime, screen free, scrolling, positive and negative distractions, fake information, validity, check, research, true, false, relevance, fact check, anonymous, avatar, online identity, real-life, privacy, sources, copyright, ownership, content, consent, data, age-limit, permissions, information, digital age
Year 5	Communicate, confidentiality, situation, role, listener, importance, collaboration, necessary, develop, team, skills, strengths, teamwork, solve, traditions, similarities, differences, unity, racism, prejudice, visible disability, invisible disability, physical, lived experience, family, cultures, respect, touch, range, context, appropriate, inappropriate, relationships, change, result, growing, passwords, permissions, privacy, data, access, information, avatar, positive online presence, copied, alter, modified, responsible	Change, adopting, healthy lifestyle, physical health, exercise, play, hobbies, happiness, mental health, synergy, physical, emotional, mental, balanced, calories, food choices, healthy, balanced meal, breakfast, nutritional value, sugar, carbohydrates, healthy relationship, food, nutrition, snacking, balanced meals, strategies, understanding, managing, controlling, feelings, emotions, pressures, impact, manage, cyclic, nature, inevitable, smoke, fire, actions, safe place, visible, invisible, current, deep water,	Structure, situations, anarchy, implications, society, democracy, sovereignty, dictatorship, government, monarchy, organisations, United Nations, equal rights, strengths, weaknesses, improve, self-assess, future, actions, budgeting, financial management, planning, principles, enterprise, profit, loss, apps, loot box, bonus, choice, in-app purchases, features, services, migration, immigrant, diversity, community, culture, multi-cultural, roles, collaborate, passwords, permissions, privacy, data, access,

	choices, sceptical, evaluate, influence, social media, advertising, product placement, relaxation, focus, awareness, mindfulness, meditation apps, online content, sharing, streaming, copyright, fair use, license, online safety, cyberbullying, **hormones, mood changes, menstrual cycle, period.**	lifesaving, swimming, nosebleeds, burns, cuts, bruises, first aid, plasters, first aid kit, choices, risks, misuse, substance, informed, decision, medicines, tobacco, drugs, responsible, associated, use, decisions, medicine, alcohol, passwords, permissions, privacy, data, access, information, avatar, positive online presence, copied, alter, modified, responsible choices, sceptical, evaluate, influence, social media, advertising, product placement, relaxation, focus, awareness, mindfulness, meditation apps, online content, sharing, streaming, copyright, fair use, license, online safety, cyberbullying.	information, avatar, positive online presence, copied, alter, modified, responsible choices, sceptical, evaluate, influence, social media, advertising, product placement, relaxation, focus, awareness, mindfulness, meditation apps, online content, sharing, streaming, copyright, fair use, license, online safety, cyberbullying..
Year 6	Agree, disagree, strongly agree, strongly disagree, opinion, communicate, advice, response, role, emotions, reflect, teamwork, boss, collaborate, discrimination, unfair, segregation, self-respect, family, cultures, respect, similarities, differences, gender, impact, challenge, stereotyping, support, network, people who care for me, trust, links, marriage, civil, formal, legal, commitment, intended, lifelong, empathy, peers, conflict, digital personality, anonymity, namelessness, private, opt out, protect, sharing content, consent, permissions, screen-grab, screenshot, appropriate, stereotype, assumptions,	Signs, illness, unexplained, changes, support, worried, mental health, accessed, problems, bedroom, bed poverty, good quality sleep, rest, energy, independently, groups, roles, collaboratively, common goals, responsibility, nutrition, lifestyle, achieve, apply, principles, healthy eating, prepare, ingredients, cooking techniques, puberty, hygiene, shower, hand washing, hair washing, sweat, pores, oils, **menstrual cycle, menstruation, periods, sanitary items, symptoms, reproduction**, level crossing, train tracks, Network Rail, first aid, call 999, danger, response, shout, airway, breathing, responsible choices, risks,	Reflect, achievements, worthwhile, personal, goals, skills, develop, contribution, future, connections, economic, wellbeing, financial, loan, interest, tax, discount, initiative, responsibility, enterprise, capability, principles, charity, budget, banking apps, savings, money management, benefits, diverse, community, celebrate, visible, invisible, disability, neurodivergent, physical, digital personality, anonymity, namelessness, private, opt out, protect, sharing content, communicate, consent, permissions, screen-grab, screenshot, appropriate, stereotype, assumptions, gamers, celebrate

	gamers, celebrate differences, healthy, manipulation, persuasion, persuasive, misinformation, disinformation, PEGI rating, blue light, privacy, security, cyber-attack, digital privacy, **hormones, mood changes, sexual orientation, sexual relationships, pregnancy, contraception, homophobia, same sex relationships, consent and respect,**	associated, misuse, use, substances, impact, informed, decisions, tobacco, drugs, digital personality, anonymity, namelessness, private, opt out, protect, sharing content, communicate, consent, permissions, screen-grab, screenshot, appropriate, stereotype, assumptions, gamers, celebrate differences, healthy, manipulation, persuasion, persuasive, misinformation, disinformation, PEGI rating, blue light, privacy, security, cyber-attack, digital privacy.	differences, healthy, manipulation, persuasion, persuasive, misinformation, disinformation, PEGI rating, blue light, privacy, security, cyber-attack, digital privacy.

Year 2 – During Spring term, children will be learning about the parts of the body which sits under *Unit 3 Hygiene, Growing and Changing but specifically Lesson 7 named The Human Body, Body Bits.* In this lesson, children will be taught the vocabulary penis, vulva, body, private and PANTS Rule. *The PANTS Rule means: P- Privates are private, A – always remember your body belongs to you, N- no means no, T-talk about any secrets that upset you, S-speak up, someone can help.*

Year 4 – Following the 2026 guidance, children should be taught about the menstrual cycle as even though the average age for the onset of menstruation is 12, periods can start from 8 so teaching pupils about this before helps reduce anxiety and distress and allows them to know what to expect. This information is found on page 25 of the DfE guidance. The children will be taught this information in the Spring term, as the lesson sits under *Unit 3 Hygiene, Growing and Changing, specifically Lesson 4 named Menstrual Cycle, Every Month.* The vocabulary children will be exposed to is puberty, physical changes, hormones, period, menstruation, cycle, sanitary products, tampon, pad.

Year 5- During the children's lessons on puberty, children will be exposed to the terminology in bold above. This sequence of lessons is planned to take place in the Autumn term.

Year 6 – During the children's lessons on Sex Education, children will be exposed to the terminology in bold above. This sequence of lessons is planned to take place in the Autumn term.

Parental Right to Withdraw

Parents do not have the right to withdraw their children from:

- Relationships Education
- Health Education

- The Science Curriculum

Parents **do** have the right to withdraw their children from the non-statutory Sex Education element of RSHE.

If parents wish to withdraw their child from sex education, they should put their request in writing to the Headteacher (Mrs Jackson). The Headteacher will arrange a meeting to discuss the request, explain the nature and purpose of the curriculum, and share the materials used. A record of this process will be kept. During this discussion, parents will be made aware of the benefits of sex education and the possible implications of withdrawal. Where a pupil is withdrawn from Sex Education, the school will provide appropriate alternative educational provision during the period of withdrawal.

Curriculum and Delivery

Our RSHE curriculum has been developed in consultation with stakeholders including governors, staff, pupils and parents and carers. It reflects the context of our school and the needs of our pupils.

The curriculum is closely linked to Science and PSHE and covers:

- Families and people who care for me
- Caring friendships and respectful relationships
- Internet safety, safe online relationships and online risks
- Mental wellbeing
- Physical health and fitness
- Healthy eating
- Basic first aid
- Risks to health, including drugs and alcohol

RSHE is taught as part of the broader PSHE curriculum. Biological aspects of RSHE are taught through the Primary Science curriculum.
Teaching is delivered by class teachers or teaching assistants, although some elements may also be taught by trained health professionals, such as staff from Positive Health Lincolnshire.

Our curriculum is inclusive and is taught with awareness that pupils may come from a wide range of family structures, including single-parent families, adoptive families, foster families, grandparent-led households, young carers and LGBTQ+ families. The curriculum is designed to ensure that no pupil or family structure is stigmatised.

Lesson Plans

Appendix A shows an example lesson plan taken from the 3D Dimensions RSHE. This lesson is aimed at Year 6, Relationships and Sex Education, Lesson 3: Healthy Relationships.

Appendix A

3D PSHE & Citizenship
Dimensions Curriculum

Relationships and Sex Education

Relationships and Sex Education
Lesson 3: Healthy Relationships

Learning Objectives

CF4
To know the characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
Aspects of:- CF1, CF2

Introduction

- Look at the PowerPoint entitled 'A Healthy Relationship' with the pupils.
- Ask them to make notes on the key features of a healthy relationship and produce a poster to illustrate what they consider to be the three most important features of a healthy relationship.

Main Activity

- Introduce the Listening Lucy problem entitled 'I Love My Bestie'.
- Read the question through and explain that, as they begin to change from children into adults, sometimes their feelings for friends can change and a friendship can become more of a romantic relationship with sexual feelings.

Main Activity cont.

- Ask pupils to suggest what Kane should do. Ask them to think carefully about the scenario before formulating an answer. Use the following prompts to help them structure their answers:-
  - Why is friendship such an important basis for a romantic relationship?
  - Can girls and boys be 'just friends'?
  - How can the principles of a healthy relationship be applied in this situation?

- It is really important that any relationship, whether platonic (non-sexual) or romantic (sexual) is based on the principles of a healthy relationship.
- Pupils are to choose a person they have a healthy relationship with e.g. parent, friend and draw them.
- They are then to use the features of a healthy relationship to write captions around the drawing, highlighting examples of how these features are seen in practice.

Plenary

- Pupils to share their drawings and talk through the examples they have given.

Resources

A Healthy Relationship PowerPoint
Listening Lucy question

It Must Be Love!

Dimensions Curriculum

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Part 2: Personal, Social, Health and Economic Education

Intent

Our PSHE curriculum reflects our school vision of 'Be Known. Be Loved. Belong' and our Church School values of: respect, forgiveness, love, responsibility, hope and friendship.

Through PSHE, we aim to provide all pupils with:

- accurate, balanced and relevant knowledge
- opportunities to turn knowledge into personal understanding
- opportunities to explore, clarify and, where necessary, challenge their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills, language and strategies needed to live healthy, safe, fulfilling, responsible and balanced lives
- opportunities to develop personal attributes such as resilience, self-confidence, self-esteem and empathy

Our pupils are taught in a safe and supportive learning environment. Where a pupil indicates that they may be vulnerable or at risk, staff will respond appropriately in line with the school's safeguarding and child protection procedures.

Curriculum Structure

The PSHE curriculum is delivered through the **3D PSHE and Citizenship** programme. There are two core areas, with an additional Citizenship strand:

- **Relationships** – taught in the Autumn term
- **Health and Wellbeing** – taught in the Spring term
- **Citizenship** – taught in the Summer term

These areas connect and overlap throughout the year, allowing flexibility and progression across year groups.

What Pupils Learn

Through PSHE, pupils are encouraged to participate in a wide range of activities that help them:

- Contribute positively to school life and the wider community
- Recognise their skills and talents
- Develop self-worth
- Work effectively as part of a team
- Take greater responsibility for their own learning
- Reflect on and evaluate their progress

Pupils also learn how to:

- look after their physical and mental health
- understand the importance of a balanced diet and regular exercise
- recognise and manage a range of emotions
- build and maintain positive relationships
- understand why rules matter
- care for others
- keep themselves safe, including online

- manage money responsibly
- identify strengths and areas for development
- make emergency calls
- understand basic first aid
- work collaboratively and respectfully
- appreciate diversity
- empathise with other points of view
- express opinions clearly and respectfully
- understand the changes associated with puberty
- develop strategies for managing changing emotions
- build healthy habits for life online, including wellbeing, safety and media literacy

PSHE helps pupils to handle the social, cultural, spiritual, physical and moral issues that they may encounter throughout life. It also supports them to contribute positively to modern Britain, respecting difference and valuing diversity.

Coverage and Progression

We have adapted the 3D PSHE curriculum overview so that it reflects our school vision and values. We have also added in additional lessons to benefit our school community; these are based around class charters and pupil wellbeing. Class teachers are also able to add in additional PSHE lessons that they believe would be beneficial to their class.

The full long-term overview below in Appendix B sets out the curriculum progression across year groups.

Appendix B

Year Group	Autumn – Core 2 – Relationships	Spring – Core 1 – Health and Wellbeing	Summer – Core 3 – Citizenship
EYFS	*Lessons added in focussing on:* - *Resilience* - *Coping strategies for independence e.g., 5 finger breathing* - *Class Charter e.g., behaviour expectations* **Unit 1 (Communication)** Lesson 1 – Hide and Seek Lesson 17 – I'm Stuck Lesson 18 – A Piece of Cake **Unit 2 (Bullying / Collaboration)** Lesson 13 – Bully Boy Lesson 24 – Playing Games **Unit 3 (Respecting Self and Others)** Lesson 4 – It's Your Turn Lesson 8 – Me and You Lesson 16 – All Join In **Unit 4 (Healthy Relationships)** Lesson 2 – Nan's House Lesson 7 – An Old Friend Lesson 14 – Family Fun Lesson 17 – I'm Stuck **Unit 5 (Safe Zone – Online Safety and Awareness)** Lesson 2 – Family Connections Lesson 3 – What a Nuisance Lesson 4 – Yesterday's News	*Lesson added in focussing on:* - *Stirling Wellbeing Scale* **Unit 1 (Healthy Lifestyles)** Lesson 11 – I Feel Poorly Lesson 19 – Busy Busy **Unit 3 (Hygiene, Growing and Changing)** Lesson 3 – I Like Lesson 12 – Clean and Tidy Lesson 21 – Getting in a Knot **Unit 4 (Emotions)** Lesson 1 – Hide and Seek Lesson 2 – Nan's House **Unit 6 (Safe Zone – Wellbeing Online)** Lesson 1 – Happy Birthday Grandpa Jo Lesson 4 – Yesterday's News Lesson 7 – Time Flies for Grandpa Jo	**Unit 1 (Rules and Responsibilities)** Lesson 5 – What a Problem Lesson 9 – Stick to the Rules **Unit 2 (Aspirations)** Lesson 6 – Take the Plunge Lesson 10 – Rainy Days Lesson 15 – One Gold Star **Unit 4 (Communities)** Lesson 22 – Eid Mubarak **Unit 5 (Media Literacy)** Lesson 2 – E Safety, Be Safe Safe Zone Lesson 5 – Great Grandpa Joe's Robin Surprise

Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 1	*Lessons added in focussing on:* - *Resilience* - *Coping strategies for independence e.g., 5 finger breathing* - *Class Charter e.g., behaviour expectations* **Unit 1 (Communication)** Lesson 1 – Opinions *I Think….!* Lesson 2 – Cooperation *Want to Play?* **Unit 2 (Bullying / Collaboration) –** Lesson 1 Bullying *The Ugly Duckling* Lesson 3 – Behaviour *In My Shoes* Lesson 4 – Kindness *Give a Little* **Unit 3 (Respecting Self and Others)** Lesson 1 Fair and Unfair *It's Not Fair!* **Unit 4 (Healthy Relationships)** Lesson 1 – Friendship *Friends Together* Lesson 4 – Family *My Family* Lesson 5 – Family *Special People* Lesson 6 – Staying Safe *Secret Surprise* **Unit 5 (Safe Zone – Online Safety and Awareness)** Lesson 2 – Self Image and Identify Lesson 3 – Managing Online Information Lesson 4 – Privacy and Security	*Lesson added in focussing on:* - *Stirling Wellbeing Scale* **Unit 1 (Healthy Lifestyles)** Lesson 2 – Physical Activity *Mighty Muscles* Lesson 3 – Physical Activity *Get Physical!* **Unit 2 (Nutrition and Food)** Lesson 1 – Healthy Eating *Vote Green* Lesson 2 – Healthy Eating Meat Eaters **Unit 3 (Hygiene, Growing and Changing)** Lesson 1 – Dental Hygiene *Brushing Up!* Lesson 2 – Dental Hygiene *Bright White* Lesson 5 – Keeping Clean *Bath Time!* *Lesson 6 – Similarities and* Differences *Boys V Girls* Lesson 8 – Changing Needs *I Need…* **Unit 4 (Emotions)** Lesson 2 – Happiness *Smile!* Lesson 3 – Anger *Grr!* Lesson 4 – Love *Three Little Words* **Unit 5 (Keeping Safe)** Lesson 1 – Sun Safety *It's A Cover Up!* Lesson 2 – Road Safety *Green X Code* ***Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)*** *Lesson 2 – Self Image and Identity* *Lesson 3 - Managing Online Information* *Lesson 4 – Privacy and Security*	**Unit 1 (Rules and Responsibilities)** Lesson 3 – Taking Turns *It's Your Turn* Lesson 5 – Sharing *Share the Booty* Lesson 6 – Caring *Talking to Plants* **Unit 2 (Aspirations)** Lesson 1 – Setting Goals *When I Grow Up!* **Unit 3 (Money and Finance)** Lesson 1 – Money *Grows on Trees?* Lesson 2 – Money *Coining It In* Lesson 3 – Money *Keep It Safe* **Unit 4 (Communities)** Lesson 1 – Our School *Common Goals* Lesson 2 – Belonging *Join The Club* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)*

Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 2	*Lessons added in focussing on:* - *Resilience* - *Coping strategies for independence e.g., 5 finger breathing* - *Class Charter e.g., behaviour expectations* **Unit 1 (Communication)** – Lesson 3 Cooperation *Let's Debate* Lesson 4 – Good Manners *How Rude!* **Unit 2 (Bullying / Collaboration) –** Lesson 2 - Teasing *That's Mean* Lesson 5 - Behaviour *Help Me!* **Unit 3 (Respecting Self and Others)** Lesson 2 - Comparisons *All the Same* Lesson 3 - Right and Wrong *In The Right* **Unit 4 (Healthy Relationships)** Lesson 2- Friendship *Hola! Bonjour!* Lesson 3 -Friendship *Share Alike* Lesson 7 -Staying Safe *I Don't Know You!* **Unit 5 (Safe Zone – Online Safety and Awareness)** Lesson 1- Self Imagine and Identity Lesson 2 – Online Relationships Lesson 3 – Online Reputation	*Lesson added in focussing on:* - *Stirling Wellbeing Scale* **Unit 1 (Healthy Lifestyles)** Lesson 1 – Physical Activity *Workout!* Lesson 4 – Sleep *Nighty Night!* Lesson 5 – Keeping Healthy *Give It a Boost* **Unit 2 (Nutrition and Food)** Lesson 3 – Healthy Eating *What a Load of Junk!* Lesson 4 – Healthy Eating *Party Time!* **Unit 3 (Hygiene, Growing and Changing)** Lesson 3 – Dental Hygiene *Top Teeth* Lesson 4 – Keeping Clean *Meet Grub!* Lesson 7 – The Human Body *Bits* **Unit 4 (Emotions)** Lesson 1 – Emotions *Mood Swings* Lesson 5 – Sadness *How To Cope* Lesson 6 – Consequences *Good V Bad* Lesson 7 – Emotions *Differences Makers* **Unit 5 (Keeping Safe)** Lesson 3 – Drug Safety *Magic Medicine* Lesson 5 – Fire Safety *Escape Plan* Lesson 6 – Emergency Calls *999!* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)* *Lesson 4 – Online Bullying* *Lesson 5 – Managing Online Information* *Lesson 7 – Privacy and Security*	**Unit 1 (Rules and Responsibilities)** Lesson 1 – Rules and Expectations *Class Charter* Lesson 2 – Rules and Expectations *Who's at fault?* Lesson 4 – Lending / Borrowing *The Borrowings* **Unit 2 (Aspirations)** Lesson 2 – Aspirations *It's a Goal* **Unit 3 (Money and Finance)** Lesson 4 – Money *Shopping List* Lesson 5 – Choices *This or That?* Lesson 6 – Enterprise *Dragon's Den* **Unit 4 (Communities)** Lesson 3 – Local Citizenship *Our Local Area* Lesson 4 – Local Citizenship *Community Care* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)*

Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 3	*Lessons added in focussing on:* - *Resilience* - *Coping strategies for independence e.g., 5 finger breathing* - *Class Charter e.g., behaviour expectations* **Unit 1 (Communication)** Lesson 1 Clear Messages *Dot, Dot, Dash* Lesson 2 Listening and Responding *I Hear You* **Unit 2 (Bullying / Collaboration)** Lesson 1 – Reactions *Frustration!* Lesson 2 – Self Worth *I'm A Marvel!* **Unit 3 (Respecting Self and Others)** Lesson 1 – Connections *Paper Chains* Lesson 2 – Family Links *Family Tree* Lesson 4 – Religious Views *Faith Findings* Lesson 6 – Self Respect *Let's ROCK* **Unit 4 (Healthy Relationships)** Lesson 1 – Friendship *Best Features* Lesson 2 – Friendship *Circles Time* Lesson 3 – Friendship *Falling Out* **Unit 5 (Safe Zone – Online Safety and Awareness)** Lesson 2 – Online Relationships and Bullying Lesson 3 – Managing Online Information Lesson 4 – Health, Wellbeing and Lifestyle	*Lesson added in focussing on:* - *Stirling Wellbeing Scale* **Unit 1 (Healthy Lifestyles)** Lesson 1 – A Balanced Approach *Define: Healthy* Lesson 2 – Physical Exercise *Active Kids?* Lesson 3 – Lifestyle Choices *It's Your Choice* Lesson 4 – Sleep *Sweet Dreams* **Unit 2 (Nutrition and Food)** Lesson 1 – A Balanced Diet *Plant or Animal* Lesson 2 – Balancing Diet *Balancing Act* **Unit 3 (Hygiene, Growing and Changing)** Lesson 1 – Before Puberty *You've Grown* Lesson 2 – Keeping Clean *Squeaky Clean* **Unit 4 (Emotions)** Lesson 1 – Loss/Separation *Lost!* Lesson 2 – Loss/ Separation *Found!* **Unit 5 (Keeping Safe)** Lesson 1 – Sun Safety *Too Hot!* Lesson 2 – Beach Safety *Follow the Flags* Lesson 3 – Health Safety *Aaachooo!* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)* Lesson 1 – Self Image and Identity Lesson 5 – Privacy and Security	**Unit 1 (Healthy Lifestyles)** Lesson 1 – Rules *I'm In Charge* Lesson 2 – Thinking Ahead *Lesson Planning* Lesson 3 – Taking the Lead *Learning Time* **Unit 2 (Aspirations)** Lesson 1 – Identified Strengths *I'm Good at That* Lesson 2 – Identified Strengths *Future Me* **Unit 4 (Communities)** Lesson 1 – Working Together *Name Game* Lesson 2 – Working Together *Build It Up* Lesson 3 – Shared Goals *Better Places* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)*

Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 4	*Lessons added in focussing on:* - *Resilience* - *Coping Strategies for independence ~~e.g.~~ 5* - *Finger breathing* - *Class Charter e.g., behaviour expectations* **Unit 1 (Communication)** Lesson 3 – Expressing Opinions *It's Debatable* Lesson 4 – Privacy *The Secrets Jar* **Unit 2 (Bullying / Collaboration)** Lesson 3 – Persistence and Resilience *Don't Give Up* Lesson 4 – Negative Persistence *Over and Over* **Unit 3 (Respecting Self and Others)** Lesson 3 – Family Changes *Two Homes* Lesson 5 – Religious Views *Inside Outside* Lesson 7 – Gender Stereotyping *His and Hers* Lesson 8 – Racial Discrimination *Coming to England* **Unit 4 (Healthy Relationships)** Lesson 4 – Friendships *The BAFAs* Lesson 5 – Boundaries *Don't Push It* Lesson 6 – Trusting Strangers *Safe Strangers* **Unit 5 (Safe Zone – Online Safety and Awareness)** Lesson 1 – Online Relationships and Bullying Lesson 3 – Managing Online Information Lesson 4 – Self Image and Identity Lesson 6 – Privacy and Security	*Lesson added in focussing on:* - *Stirling Wellbeing Scale* **Unit 1 (Healthy Lifestyles)** Lesson 5 – Physical, Emotional and Mental *I Am Who I Am* Lesson 6 – Physical, Emotional and Mental *Hearts and Minds* **Unit 2 (Nutrition and Food)** Lesson 3 – Working with Food *Master Chef* Lesson 4 – Working with Food *Picnic Preparations* **Unit 3 (Hygiene, Growing and Changing)** Lesson 3 – Changing Bodies *Everyone Changes* Lesson 4 – Menstrual Cycle *Every Month* **Unit 4 (Emotions)** Lesson 3 – Loss/Separation *Left Behind* Lesson 4 – Feelings *Overreacting* Lesson 5 - Feelings *Left Out* **Unit 5 (Keeping Safe)** Lesson 4 – First Aid *Home Hospital* Lesson 6 – Drug Safety *My Medicine* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)* *Lesson 2 – Health, Wellbeing and Lifestyles* *Lesson 5 – Copyright and Ownership*	**Unit 2 (Aspirations)** Lesson 3 – Setting Goals *That's My Goal!* Lesson 4 – Setting Goals *The Impossible Dream* **Unit 3 (Money and Finance)** Lesson 1 – Money Choices *A Million Dreams* Lesson 2 – Spending *Ping!* Lesson 3 – Managing Money *It's A Gamble* Lesson 4 – Managing Money *Design Choices* **Unit 4 (Communities)** Lesson 4 – Different Communities *My Community* Lesson 5 – School Communities *School Swap* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)*

Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 5	*Lessons added in focussing on:* - *Resilience* - *Coping strategies for independence e.g., 5 finger breathing* - *Class Charter e.g., behaviour expectations* ***Year 5 Autumn term also includes lessons on Puberty which is supplement by Positive Health, Lincolnshire.*** **Unit 1 (Communication)** Lesson 1 – Confidentiality *Secret Info* Lesson 2 – Listening *I'm All Ears* **Unit 2 (Bullying / Collaboration)** Lesson 1 – Teamwork *Scrabble* Lesson 2 – Teamwork *The Puzzler* **Unit 3 (Respecting Self and Others)** Lesson 1 – Race and Ethnicity *Unity Matters* Lesson 3 – Disabilities *Equal Bodies* Lesson 4 – Culture *Cultural Feast* **Unit 4 (Healthy Relationships)** Lesson 1 – Physical Contact *Touch Sensitive* Lesson 2 - Support and Care *Connections* **Unit 5 (Safe Zone – Online Safety and Awareness)** Lesson 3 – Managing Online Information Lesson 4 – Health, Wellbeing and Lifestyle Lesson 6 – Online Relationships and Bullying	*Lesson added in focussing on:* - *Stirling Wellbeing Scale* **Unit 1 (Healthy Lifestyles)** Lesson 1 – Healthy Lifestyles *You Choose!* Lesson 4 - Healthy Minds *I Feel Happy!* Lesson 6 – Physical, Emotional and Mental *3-Dimenstional* **Unit 2 (Nutrition and Food)** Lesson 1 – Food Choices *A Good Balance* Lesson 2 – Food Choices *Breakfast Club* Lesson 3 – Food Choices *A Healthy Relationship* **Unit 4 (Emotions)** Lesson 1 – Death and Grief *It's Natural* Lesson 2 – Death and Grief *Poppies* **Unit 5 (Keeping Safe)** Lesson 1 – Fire Safety *Fire Risk* Lesson 2 – Water Safety *Water Wise* Lesson 4 – First Aid *Rapid Response* Lesson 6 – Drugs and Medicines *Just Say No!* Lesson 8 – Alcohol *Drink Aware Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)* *Lesson 1 – Online Reputation* *Lesson 2 – Online Bullying*	**Unit 1 (Healthy Lifestyles)** Lesson 1 – Structure *Just Imagine…* Lesson 2 – Law and Order *In Charge* Lesson 3 – UN Rights *Our Rights* **Unit 2 (Aspirations)** Lesson 1 – Identified Strengths *Big Dreams* **Unit 3 (Money and Finance)** Lesson 1 – Budgeting *Money Supermarket* Lesson 4 – Generating Income *Making Money* Lesson 6 – Online Spending *App Trapp!* **Unit 4 (Communities)** Lesson 1 – Diverse Communities *Welcome!* Lesson 2 – Shared Goals *It's All Go!* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)*

Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 6	*Lessons added in focussing on:* - *Resilience* - *Coping strategies for independence e.g., 5 finger breathing* - *Class Charter e.g., behaviour expectations* ***Year 6 Autumn Term is Relationships and Sex Education. This is supplemented by Positive Health, Lincolnshire who provide lessons on Puberty and Sex Education.*** Lesson 1 – Forming Relationships *Changing Faces* Lesson 2 – Sexual Relationships *Sexplanations* Lesson 3 – Healthy Relationships *It Must Be Love* Lesson 4 – Unhealthy Relationships *Harry Smile* Lesson 5 – Gender Issues / Relationships *Trans: Across* *Additional Lessons can be done from any of these units* **Unit 1 (Communication) –** Lesson 3 – Listening *Agree to Disagree* Lesson 4 – Responding *Scenarios* **Unit 2 (Bullying / Collaboration)** Lesson 3 – Teamwork *This Farming Life* **Unit 3 (Respecting Self and Others)** Lesson 2 – Race and Ethnicity *Equal Voices* Lesson 5 – Gender Stereotypes *Jobs 4 All* Lesson 6 – Culture *Our Support Network* **Unit 4 (Healthy Relationships)** Lesson 3 – Marriage *I Promise* Lesson 4 – Managing Conflict *Families at War* **Unit 5 (Safe Zone – Online Safety and Awareness)** Lesson 1 – Managing Online Information Lesson 2 – Online Relationships and Bullying Lesson 3 – Self Image and Identity Lesson 4 – Health, Wellbeing and Lifestyle Lesson 5 – Privacy and Security	*Lesson added in focussing on:* - *Stirling Wellbeing Scale* **Unit 1 (Healthy Lifestyles)** Lesson 2 – Physical Illness *Bleugh!* Lesson 3 – Immunisation *One Sharp Scratch* Lesson 5 – Healthy Minds *Young Minds* Lesson 7 – Sleep *The Bed Bank* **Unit 2 (Nutrition and Food)** Lesson 4 – Cooking *Invention Team* Lesson 5 – Cooking *Michelin Stars* **Unit 3 (Hygiene, Growing and Changing)** Lesson 1 – Changing Bodies *What's Puberty?* Lesson 2 – Keeping Clean *Feeling Fresh* Lesson 3 – The Menstrual Cycle *Fact or Fiction* **Unit 5 (Keeping Safe)** Lesson 3 – Transport Safety *Tracks and Tarmac* Lesson 5 – First Aid *First Aid Smart* Lesson 7 – Tobacco and Vaping *Up in Smoke* Lesson 9 – Substance Abuse *Let's Be Frank* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)*	**Unit 2 (Aspirations)** Lesson 2 – Identified Strengths *Big Achievers* Lesson 3 – Setting Goals *Super Futures* Lesson 4 – Setting Goals, *I Can Do That* **Unit 3 (Money and Finance)** Lesson 2 – Consumer Sense *Payment Terms* Lesson 3 – Consumer Sense *A Class Catalogue* Lesson 5 – Generating Income *Raising Money* Lesson 7 – Online Spending *Appy Banking* **Unit 4 (Communities)** Lesson 3 – Community Event *We're Cultured!* Lesson 4 – Disabilities *Super Powers* *Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term*

Lesson Plans

Appendix C shows an example lesson plan which comes for 3D Dimensions PSHE aimed at Year 4. Citizenship, Unit 3 (Money and Finance), Lesson 1: Money Choices: A Million Dollars.

Appendix C

3D PSHE & Citizenship
Dimensions Curriculum

Health & Wellbeing | Relationships | LKS2 Citizenship

Unit 3: Money and Finance
Lesson 1: Money Choices

Learning Objectives

M6
To be able to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'
Aspects of:- M5, M9, M12

Introduction

- Explain that money comes in different currencies e.g. Euros, Pounds etc. How much money in your currency is the equivalent to $1,000,000?
- Show pupils examples of any foreign currency you may have lying around in a drawer at home!
- Have the pupils any experience of using foreign currency? Ask them to share their experiences.
- Which country were they in? Did it feel like they were handling 'real' money?

Main Activity

- Play the pupils the song 'If I had a Million Dollars'.
- Share a copy of the lyrics http://bit.ly/2KOB8Kz and sing along.
- Pupils to work on their own version of the lyrics and then sing along to the soundtrack.

Resources

'If I had a Million Dollars' song

Plenary

- Discuss their choices for the lyrics.
- How do their choices reflect their current spending habits?
- Are their choices based on current or future wants / needs?
- How can they go about planning financially for the future at such a young age? Encourage saving and spending responsibly.

Assessment

- How do we decide what we want to spend our money on?
- Why should we save money?

A Million Dollars

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