



PSHE Policy including Relationships Education

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1. Statement of Intent

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 – Dimensions 3D PSHE - in which children 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 well-being
2. Relationships
3. Living in the wider world

Children 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 children with the means to handle many of the social, cultural, spiritual, physical and moral issues that occur throughout life. 3D PSHE helps children to develop and demonstrate skills and attitudes that will allow them to participate fully, and contribute positively, to life in modern Britain. Children 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.

Within the curriculum the protected characteristics from the 2010 Equality Act are referenced through our use of the 3D PSHE scheme from FS1 stage to Year 6 including our additional “No Outsiders” storybook approach.

Dimensions 3D PSHE supports the development of the attitudes, values, skills and behaviour which enable children 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

2. 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 children, 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. Children 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 children 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 children 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. Children 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.

Children are taught about positive emotional and mental well-being, 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, children 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.

3. Relationships and sex education

Relationships and 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.

We use the **jigsaw** scheme of work during year 5 and 6 in school. This is tailored to the age and the physical and emotional maturity of our children and supports their 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. 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 children.

We consult parents / carers before their children start Year 5 and 6 about the detailed content of the teaching covered within these lessons. 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 **RSE** lessons. Our headteacher 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. If a pupil is excused from relationship and sex education, our school will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

4. The Year 5 and 6 Relationships Education

Year 5	Year 6
Developing self-esteem.	Developing self-esteem.
Understanding puberty and how our bodies change.	How do our bodies change in puberty?
Understanding conception and how babies are made.	Understanding conception and how babies are made.
What am I looking forward to for the year ahead?	Positive self-image.
	Feelings about moving to the next school.

5. PSHE content and coverage

Dimensions 3D PSHE covers all areas of PSHE for primary schools, as shown in the following tables.

6. 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. <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?'

7. 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 3 'I Like...' Lesson 10 'Rainy Days' Lesson 25 'Litter Bug!'
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 8 'Me and You' Lesson 15 'One Gold Star'
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'

8. Year 1 overview

Autumn Term 1	Core theme 3 Unit 1 Lesson 3 Taking Turns – It's Your Turn!
	Core theme 2 Unit 1 Lesson 7 Good Manners – How Rude!
	Core Theme 2 Unit 3 Lesson 6 Kindness – Give a Little
	Safe Zone Y1 Lesson 1 Copyright and Ownership
Autumn Term 2	Core Theme 2 Unit 1 Lesson 1 Feelings – How I Feel
	Core Theme 2 Unit 1 Lesson 2 Responses – You and Me
	Safe Zone Y1 Lesson 2 Self-image and Identity
Spring Term 1	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 3 Healthy Eating - Party Time!
	Core Theme 2 Unit 3 Lesson 2 Comparisons - All the Same
	Safe Zone Y1 Lesson 3 Managing Online Information
Spring Term 2	Core Theme 1 Unit 5 Lesson 4 Personal Safety - Secret Surprise
	Core Theme 1 Unit 5 Lesson 5 Emotional Safety - Getting Help
	Safe Zone Y1 Lesson 4 Privacy and Security
Summer Term 1	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
Summer Term 2	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

9. Year 2 overview

Autumn Term 1	Core Theme 2 Unit 3 Lesson 1 Fair and Unfair - It's Not Fair!
	Core Theme 2 Unit 3 Lesson 4 Right and Wrong - In the Right
	Core Theme 2 Unit 5 Lesson 7 Staying Safe – I Don't Know You Core
	Theme 1 Unit 5 Lesson 3 Drug Safety - Magic Medicine
	Safe Zone Y2 Lesson 1 Self-Image and Identity
Autumn Term 2	Core Theme 1 Unit 4 Lesson 5 Consequences - Good v Bad
	Core Theme 2 Unit 1 Lesson 4 Co-operation – Negotiation
	Core Theme 2 Unit 1 Lesson 5 Co-operation - Want to Play?
	Safe Zone Year 2 Lesson 2 Online Relationships
Spring Term 1	Core Theme 1 Unit 2 Lesson 5 Keeping Clean - Bath-time
	Core Theme 1 Unit 2 Lesson 6 Skin - Skinny Tips
	Safe Zone Year 2 Lesson 3 Online Reputation
Spring Term 2	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 2 Unit 3 Lesson 3 Behaviour - In My Shoes
	Safe Zone Year 2 Lesson 4 Online Bullying
Summer Term 1	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
	Safe Zone Year 2 Lesson 5 Managing Online Information
Summer Term 2	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 2 Lesson 6 Copyright and Ownership
	Safe Zone Year 2 Lesson 7 Privacy and Security

10. Year 3 overview

Autumn Term 1	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
	Safe Zone Year 3 Lesson 1 Self Image and Identity
Autumn Term 2	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
Spring Term 1	Core Theme 2 Unit 1 Lesson 1 Clear Messages – Dot Dot Dash Core
	Theme 2 Unit 1 Lesson 2 How to Listen – Listen Up!
	Safe Zone Year 3 Lesson 2 Online Relationships
	Safe Zone Year 3 Lesson 3 Online Reputation
Spring Term 2	Core Theme 3 Unit 2 Lesson 1 Different Communities – My Community
	Safe Zone Year 3 Lesson 4 Health, Well-being and Lifestyle
Summer Term 1	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!
	Core Theme 1 Unit 2 Lesson 4 Sleep – Sweet Dreams
	Safe Zone Year 3 Lesson 5 Privacy and Security
Summer Term 2	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 3 Shared Goals – Better Places
	Safe Zone Year 3 Lesson 6 Copyright and Ownership

11. Year 4 overview

Autumn Term 1	Core Theme 1 Unit 6 Lesson 5 Internet Use – Online Usage
	Core Theme 1 Unit 6 Lesson 6 Internet Use – Age Limits
	Safe Zone Year 4 Lesson 1 Online Relationships and Online Bullying
Autumn Term 2	Core Theme 3 Unit 3 Lesson 1 Gender Stereotypes – His and Hers
	Core Theme 2 Unit 3 Lesson 2 Self-Worth – I’m a Marvel!
	Core Theme 1 Unit 5 Lesson 3 Feelings – Overreacting
	Safe Zone Year 4 Lesson 2 Health, Well-being and Lifestyle
Spring Term 1	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
	Safe Zone Year 4 Lesson 3 Online Reputation and Managing Online Information
Spring Term 2	Core Theme 1 Unit 5 Lesson 6 Self-Respect – Let’s Rock!
	Safe Zone Year 4 Lesson 4 Self Image and Identity
Summer Term 1	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
	Safe Zone Year 4 Lesson 5 Copyright and Ownership
Summer Term 2	Core Theme 2 Unit 4 Lesson 1 Connections - Paper Chains
	Safe Zone Year 4 Lesson 6 Privacy and Security

12. Year 5 overview

Autumn Term 1	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
	Safe Zone Year 5 Lesson 1 Privacy and Security
Autumn Term 2	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
Spring Term 1	Core Theme 1 Unit 5 Lesson 3 Tobacco – Up in Smoke
	Core Theme 1 Unit 5 Lesson 4 Substance Abuse – Let's Be Frank
	Safe Zone Year 5 Lesson 3 Online Reputation and Managing Online Information
Spring Term 2	Core Theme 1 Unit 1 Lesson 1 Physical, Emotional and Mental – 3-Dimensional
	Core Theme 1 Unit 1 Lesson 3 Healthy Lifestyles – You Choose!
	Safe Zone Year 5 Lesson 4 Health, Well-being and Lifestyle
Summer Term 1	Core Theme 1 Unit 2 Lesson 1 Food Choices – Secret Eaters
	Core Theme 2 Unit 1 Lesson 1 Confidentiality - Secret Eaters
	Safe Zone Year 5 Lesson 5 Copyright and Ownership
Summer Term 2	Core Theme 1 Unit 5 Lesson 5 Basic First-Aid – First Aids Tips
	Safe Zone Year 5 Lesson 6 Online Relationships and Online Bullying

13. Year 6 overview

Autumn Term 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 5 Lesson 6 Internet Safety – Fake News
	Safe Zone Year 6 Lesson 1 Online Reputation and Managing Online Information
Autumn Term 2	Core Theme 1 Unit 3 Lesson 3 Setting Goals – ‘Super Futures’
	Core Theme 1 Unit 3 Lesson 4 Setting Goals – I Can Do That!
	Safe Zone Year 6 Lesson 2 Online Reputations and Online Bullying
Spring Term 1	Core Theme 1 Unit 1 Lesson 4 Physical Illness – Bleugh!
	Core Theme 1 Unit 1 Lesson 6 Immunisation – One Sharp Scratch
	Safe Zone Year 6 Lesson 3 Self Image and Identity
Spring Term 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 3 Lesson 1 Race and Ethnicity - United States?
	Safe Zone Year 6 Lesson 4 Health, Lifestyle and Well-being
Summer Term 1	Core Theme 2 Unit 4 Lesson 2 Support and Care - Connections
	Safe Zone Year 6 Lesson 5 Privacy and Security
Summer Term 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 6 Lesson 6 Copyright and Ownership

14. PSHE tough topics

We use the 3D scheme to cover tough topics and conversations such as; vaping, substance abuse, knife crime, peer on peer abuse and self-harm which are to be utilised when needed and appropriate. These topics will be taught in consultation with parents / carers and discussed by SLT.

In addition to this we have 3 lessons that we have access to for the year about extremism and radicalisation. 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.

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

Who is responsible for leading PSHE? Miss Curle

Who is responsible for teaching PSHE? All staff

How and when is PSHE taught? Taught within thematic units and as a stand-alone session once a week for an hour. We also teach using picture story books as part of our "No Outsiders" which is done once per half term.

How is delivery of content made accessible to all of our children, including those with SEND?

JMAT understands that children with special education needs and disabilities (SEND) are entitled to learn about sex and relationship education, and the RSE curriculum will be designed to be inclusive of all children. Teachers will understand that they may need to be more explicit and adapt their planning of work in order to appropriately deliver RSE learning to children with SEND. At all points of delivery of RSE in the curriculum, parents/carers will be consulted and their views will be valued. What will be taught and how, will be planned in conjunction with parents/carers. External experts may be invited to assist from time-to-time with the delivery of the SRE in the curriculum, but will be expected to comply with the provisions of this policy.

Our PSHE Policy is informed by the following:

- 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