



## **Kiveton Park Meadows Junior School**

**‘Learning Means the World’**

### **PSHE Policy**

**Audience:**

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

**Other related policies:**

Curriculum, Equal Opportunities

**Version:**

1.0

**Review:**

Annually

**Approved:**

By:L Horton

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## **Aims**

To prepare children for life in modern Britain through a carefully thought-out curriculum offer enhanced by wider school experiences and opportunities.

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

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

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

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

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

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

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

The 3D PSHE Programme provides pupils with the means to handle many of the social, cultural, spiritual, physical and moral issues that occur throughout life. 3D PSHE helps pupils to develop and demonstrate skills and attitudes that will allow them to participate fully, and contribute positively, to life in modern Britain 'Preparing Pupils For Their Future'. Pupils learn to respect similarities and differences between our diverse cultures in order to build successful and meaningful friendships and relationships that are vital to the world we live in.

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

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

### **Relationships Education (Statutory)**

The focus of 3D PSHE in primary school is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults. 3D PSHE teaches pupils, in an age-appropriate way, what a healthy relationship is, enabling them to form a clear understanding of the features of positive relationships that are likely to lead to fulfilment, happiness and security. Pupils learn what friendship is, what family means and who the people are who can support them. Our school's careful use of 3D PSHE teaches about families in a well-judged and sensitive way, based on a clear knowledge of the pupils and their circumstances, reflecting that some children have different family structures and supportive relationships. They learn how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding, including the differences between appropriate and inappropriate or unsafe physical, and other, contact are the forerunners of teaching about consent, which takes place at secondary. 3D PSHE lessons teach pupils about online safety and appropriate behaviour online, including sharing data and ways in which information provided by users may be used negatively.

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

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

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

### **Sex Education**

Sex Education is not statutory in primary schools.

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

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

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

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

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

## PSHE Content and Coverage

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

### Year 3

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

	<p>Core Theme 2 Unit 2 LESSON 1: Working Together – Name Game</p> <p>Core Theme 2 Unit 2 LESSON 2: Working Together – Build It Up</p> <p>Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places</p>
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#### Year 4

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

## Year 5

<b>Autumn 1</b>	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
<b>Autumn 2</b>	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!
<b>Spring 1</b>	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
<b>Spring 2</b>	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
<b>Summer 1</b>	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
<b>Summer 2</b>	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



## Year 6

<b>Autumn 1</b>	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
<b>Autumn 2</b>	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
<b>Spring 1</b>	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...
<b>Spring 2</b>	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
<b>Summer 1</b>	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!
<b>Summer 2</b>	Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money

### **3D PSHE Sex Education Unit**

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

### **3D PSHE Extremism and Radicalisation Unit**

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

### **3D PSHE Substance Related Abuse Unit**

We use the 3D Substance Related Abuse Unit. This covers keeping safe;

understanding some of the consequences of risk-taking; knowing some of the different forms addiction can take; the names of the most common drugs; how advertising influences our choices.

### **In-house Information**

#### **How do we assess and monitor PHSE?**

Class teachers update their Dimensions assessment sheet at least after each theme (6 weeks) or each competency or essentials unit (3 weeks). This is used by class teachers to plan next steps. LH monitors this to identify areas of strengths and where development is required through school. LH then plans appropriate next steps, including CPD for staff, and uses the data to create the action plan.

How is PSHE taught?

PSHE is taught weekly through both through discrete lessons and several national curriculum subjects.

At key stage 2, the national curriculum for science includes teaching about the main external parts of the body and changes to the human body as it grows from birth to old age, including puberty.

The national curriculum for computing aims to ensure that all pupils can understand and apply the fundamental principles and concepts of computer science, including logic, algorithms and data representation. It also covers e-safety, with progression in the content to reflect the different and escalating risks that young people face as they get older. This includes how to use technology safely, responsibly, respectfully and securely, how to keep personal information private, and where to go for help and support.

The national curriculum for PE aims to ensure that pupils develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and activities and lead healthy, active lives.

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

High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility to all pupils within school.

School is also aware that some pupils in our care are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND.

## **Bibliography**

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

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

## **Appendices**

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

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