

## PSHE at Bader

### Intent

Pupils at Bader Primary School will be enriched with a PSHE curriculum and a vast range of experiences that, regardless of their background, will enable them to:

- Have and sustain positive relationships, have friends and have learned to treat other people with fairness, compassion and respect;
- Grow healthy and strong and understand how to look after their body and keep themselves safe;
- Live in the wider world as respectful, well rounded individuals, understanding that the world is a wondrous place and be inspired to make a difference.

### Implementation

Our PSHE curriculum is built around the needs of children at Bader. We use a scheme which is called 3D PSHE, but have adapted this to suit the needs of children at Bader. It is designed so that all children are taught the three strands of PSHE: health and wellbeing, relationships and living in the wider world. It is a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. Each year group follows an overview which ensures a progressive structure for each strand through each year group.

Relationships

Health and Wellbeing

## Living in the Wider World

<b>YEAR 1</b>		<b>Rationale</b>
<b>3D PSHE LESSON OVERVIEW</b>		
<b>Autumn 1</b>	Unit 5 LESSON 6: Internet Safety - E-Safety Unit 3 LESSON 6: Emotions – Mood Swings Unit 1 LESSON 1: Feelings - How I Feel Unit 1 LESSON 2: Responses - You and Me Unit 1 LESSON 3: Opinions - I Think... Unit 1 LESSON 4: Co-operation – Negotiation Unit 1 LESSON 5: Co-operation - Want to Play? Unit 1 LESSON 6: Co-operation - Let's Debate!	<ul style="list-style-type: none"> <li>• Internet safety - important to introduce from beginning of the year.</li> <li>• Focus on relationships - vital when settling into a new class / year group.</li> </ul>
<b>Autumn 2</b>	Unit 4 LESSON 1: Happiness - Smile! Unit 3 LESSON 1: Fair and Unfair - It's Not Fair! Unit 3 LESSON 2: Comparisons - All the Same Unit 3 LESSON 4: Right and Wrong - In the Right	<ul style="list-style-type: none"> <li>• At the beginning of Year 1 it is important for younger children to understand getting along with others from early on in the year.</li> </ul>
<b>Spring 1</b>	Unit 2 LESSON 1: Definition - A Bully is... Unit 2 LESSON 2: Unkindness - Blame Game Unit 2 LESSON 3: Behaviour - Bullying is... Unit 2 LESSON 4: Behaviour - + and – Unit 2 LESSON 5: Behaviour - Help Me! Unit 3 LESSON 3: Behaviour - In My Shoes Unit 3 LESSON 5: Teasing - Cry Baby!	<ul style="list-style-type: none"> <li>• Strong focus on relationships early on in Year 1 - Important for children to be educated about unkind behaviour and its impact.</li> </ul>
<b>Spring 2</b>	Unit 1 LESSON 1: Healthy Eating - Vote Green! Unit 2 LESSON 1: Dental Hygiene - Brushing Up! Unit 2 LESSON 2: Dental Hygiene - Bright White Unit 2 LESSON 3: Dental Hygiene - Top Teeth Unit 2 LESSON 4: Washing Hands - Meet Grub! Unit 2 LESSON 5: Keeping Clean - Bath-time Unit 2 LESSON 6: Skin - Skinny Tips	<ul style="list-style-type: none"> <li>• Half term block on hygiene - after a strong focus on relationships for the first half of Year 1, children must also understand how to look after themselves and make sure that they are clean and healthy.</li> </ul>
<b>Summer 1</b>	Unit 3 LESSON 6: Kindness - Give a Little Unit 4 LESSON 5: Family - My Family Unit 4 LESSON 6: Family - Special People Unit 1 LESSON 6: Caring - Talking to Plants	<ul style="list-style-type: none"> <li>• An introduction to Living in the Wider World towards the end of Year 1 which will be built upon at the start of Year 2.</li> </ul>
<b>Summer 2</b>	Unit 3 LESSON 4: Changing Needs - I Need Unit 3 LESSON 3: Growing Up - All Grown Up Unit 5 LESSON 1: Sun Safety – It's a cover up! Unit 5 LESSON 4: Personal Safety - Secret Surprise Unit 5 LESSON 5: Emotional Safety - Getting Help	<ul style="list-style-type: none"> <li>• A focus on changing and growing up which is important before children move into Year 2.</li> <li>• Sun safety, personal safety, emotional safety and getting help are all areas which need to be covered</li> </ul>

		before breaking up for the Summer holidays.
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<b>YEAR 2</b> <b>3D PSHE LESSON OVERVIEW</b>		<b>Rationale</b>
<b>Autumn 1</b>	Core Theme 1 Unit 1 LESSON 3: Healthy Eating - Party Time! Core Theme 1 Unit 3 LESSON 5: Responsibility - Who's at Fault? Core Theme 3 Unit 1 LESSON 1: Rules / Expectations - We Expect ... Core Theme 3 Unit 1 LESSON 2: Rules / Expectations - Class Charter Core Theme 3 Unit 1 LESSON 3: Taking Turns - It's Your Turn! Core Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers Core Theme 3 Unit 1 LESSON 5: Sharing - Share the Booty	<ul style="list-style-type: none"> <li>• A strong focus on Living in the Wider World to build on their introduction in Year 1. The aspects covered in this half term are areas which Year 2 children may find difficult and so these sessions will help them to make a positive start into this new school year.</li> </ul>
<b>Autumn 2</b>	Core Theme 2 Unit 4 LESSON 1: Friendship - Forever Friends Core Theme 2 Unit 4 LESSON 2: Friendship - Make Friends Core Theme 2 Unit 4 LESSON 3: Friendship - Hola! Bonjour! Core Theme 2 Unit 4 LESSON 4: Friendship - Share Alike	<ul style="list-style-type: none"> <li>• This block on relationships near the start of the school year will consolidate and build on their learning from Year 1. A focus on positive friendships at this point of the year sets the expectations for the remainder of Year 2.</li> </ul>
<b>Spring 1</b>	Core Theme 1 Unit 4 LESSON 2: Anger - Grrrr! Core Theme 1 Unit 4 LESSON 3: Love - Three Little Words Core Theme 1 Unit 4 LESSON 4: Sadness - How to Cope Core Theme 1 Unit 4 LESSON 5: Consequences - Good v Bad Core Theme 1 Unit 4 LESSON 6: Aspirations - It's a Goal!	<ul style="list-style-type: none"> <li>• In Year 2, children begin to experience a range of emotions which they will need to learn to deal with. This block is in the Spring term as it gives children a chance to settle into the year group and develop more maturity to discuss difficult emotions.</li> </ul>
<b>Spring 2</b>	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 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 5 LESSON 2: Road Safety – Green X Code Core Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine	<ul style="list-style-type: none"> <li>• As children are now well established in their year group, it is important for them to learn the concept of belonging and being part of a community.</li> <li>• Road safety comes into this half term as many children will play out over the Easter and Summer Holidays and need to know how to stay safe around roads.</li> <li>• Safety with medicine is also important here before children break up for their two week break.</li> </ul>
<b>Summer 1</b>	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 1 LESSON 2: Healthy Eating - Meat Eaters;	<ul style="list-style-type: none"> <li>• Now children are slightly older and grown in maturity, in the Summer Term they will learn about their own body and keeping fit and healthy.</li> </ul>

	<p>Core Theme 1 Unit 1 LESSON 4: Physical Activity - Get Physical!</p> <p>Core Theme 1 Unit 1 LESSON 5: Physical Activity - Mighty Muscles</p> <p>Core Theme 1 Unit 1 LESSON 6: Exercise - Workout!</p>	
<b>Summer 2</b>	<p>Core Theme 3 Unit 3 LESSON 1: Money - Grows on Trees?</p> <p>Core Theme 3 Unit 3 LESSON 2: Money - Coining it in!</p> <p>Core Theme 3 Unit 3 LESSON 3: Money - Keep Money Safe</p> <p>Core Theme 3 Unit 3 LESSON 4: Money - Shopping List</p> <p>Core Theme 3 Unit 3 LESSON 5: Choices - This or That?</p> <p>Core Theme 3 Unit 3 LESSON 6: Enterprise - Dragons' Den</p>	<ul style="list-style-type: none"> <li>• This block on Living in the Wider World is taught in Summer 2 as children prepare to move on into their new year group. An awareness of the value of money and cost is important before children spend the Summer holidays with their families.</li> </ul>

<b>YEAR 3</b>		<b>Rationale</b>
<b>3D PSHE LESSON OVERVIEW</b>		
<b>Autumn 1</b>	<p>Core Theme 1 Unit 6 LESSON 1: E-Safety – Online Chat</p> <p>Core Theme 1 Unit 6 LESSON 2: Online Privacy – The Secrets Jar</p> <p>Core Theme 1 Unit 6 LESSON 3: Online Privacy – E-Protection</p> <p>Core Theme 1 Unit 6 LESSON 4: Online Privacy – It's Personal</p> <p>Core Theme 3 Unit 1 LESSON 1: Rules – I'm In Charge!</p> <p>Core Theme 3 Unit 1 LESSON 2: Thinking Ahead – Lesson Planning</p> <p>Core Theme 3 Unit 1 LESSON 3: Taking the Lead – Learning Time</p>	<ul style="list-style-type: none"> <li>• As children enter Year 3, they are at an age where they may be using the Internet more for online communications. It is important to begin the year group by educating children on risks and how to keep safe online.</li> <li>• In this half term, Year 3 will also look at following rules and planning ahead which are important areas to cover at the beginning of the year group.</li> </ul>
<b>Autumn 2</b>	<p>Core Theme 1 Unit 5 LESSON 1: Loss / Separation – Lost!</p> <p>Core Theme 1 Unit 5 LESSON 2: Loss / Separation – Found!</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>	<ul style="list-style-type: none"> <li>• As children settle into Year 3, it is important to draw upon their learning from Year 2 about various emotions and the value of money. Understanding of money and cost is also relevant before the Christmas holidays which may be a difficult time financially for many families.</li> </ul>
<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>	<ul style="list-style-type: none"> <li>• Healthy eating is covered in Year 3 as children may be starting to make more of their own choices about diet and exercise. It is important that they understand the need and the benefits of having a healthy, balanced diet.</li> </ul>
<b>Spring 2</b>	<p>Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – I Am Who I Am!</p> <p>Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – Hearts and Minds</p> <p>Core Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in One</p> <p>Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:Healthy</p>	<ul style="list-style-type: none"> <li>• In Year 3, there is a strong focus on health and wellbeing. At this age, children will begin to notice changes both mentally, emotionally and physically, and it is important that they recognise and understand these changes.</li> </ul>

	Core Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids? Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It's Your Choice	
<b>Summer 1</b>	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!	<ul style="list-style-type: none"> <li>• Year 3 covers growing up and body changes in the Summer Term as they will have more maturity to deal with sensitive subjects.</li> <li>• In the Summer term, children are more likely to be playing out after school and at weekends, so they are taught about how to deal with emergencies so they are prepared for any situation where this may be needed.</li> </ul>
<b>Summer 2</b>	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 3: Celebrate Diversity – Inside Outside	<ul style="list-style-type: none"> <li>• This block on relationships develops their learning from KS1, but looks in greater detail about differing families, religions and cultures. Often as children move further up in KS2, diversity can be an issue, so this block is essential before they move on into Year 4.</li> </ul>

<b>YEAR 4</b> <b>3D PSHE LESSON OVERVIEW</b>		<b>Rationale</b>
<b>Autumn 1</b>	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	<ul style="list-style-type: none"> <li>• This unit is taught in Autumn 1 so children begin the year group with an education on different personality traits, including persistence and resilience which they will need for the remainder of the year.</li> </ul>
<b>Autumn 2</b>	Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left Behind Core Theme 1 Unit 5 LESSON 4: Family Changes – Two Homes 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 – The BAFAs	<ul style="list-style-type: none"> <li>• This unit on wellbeing is taught in the Autumn Term as it builds on children's introduction in Year 3 around loss and separation, but also draws on the sensitive subject of family changes which Year 4 children are generally more mentally mature to discuss.</li> <li>• In Year 4, the PSHE focus turns back to relationships as this is often a year group where many friendship problems begin to occur. This is taught in the Autumn term as a</li> </ul>

		starting point for the expectations of positive friendships throughout the year.
<b>Spring 1</b>	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 2 Unit 1 LESSON 3: Responding to Others – Agony Aunts Core Theme 2 Unit 1 LESSON 4: Expressing Opinions – It’s Debatable	<ul style="list-style-type: none"> <li>In the Spring term, Year 4 learn about listening and responding to others, which builds upon their learning about positive friendships from the Autumn term.</li> </ul>
<b>Spring 2</b>	Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community Core Theme 3 Unit 2 LESSON 2: School Communities – School Swap	<ul style="list-style-type: none"> <li>As children are well established in their year group, they revisit communities and their sense of belonging in various communities.</li> </ul>
<b>Summer 1</b>	Core Theme 1 Unit 4 LESSON 1: Identified Strengths – I’m Good at That 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	<ul style="list-style-type: none"> <li>As children move into the Summer term, it is important for them to begin thinking about moving on and goals for the future to prepare them for moving into their next year group..</li> </ul>
<b>Summer 2</b>	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 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers	<ul style="list-style-type: none"> <li>This term is based around accepting differences and working together. It introduces gender stereotypes before children move on into Year 5, where these issues may be more prominent as children grow and develop.</li> </ul>

<b>YEAR 5</b> <b>3D PSHE LESSON OVERVIEW</b>		<b>Rationale</b>
<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	<ul style="list-style-type: none"> <li>Year 5 begins with a Living in the Wider World unit around law and rights. This is relevant at the start of the new school year, but in Year 5 develops their understanding by linking these themes to the wider world and their relevance in real life.</li> </ul>

<b>Autumn 2</b>	<p>Core Theme 1 Unit 4 LESSON 1: Death and Grief – It's Natural</p> <p>Core Theme 1 Unit 4 LESSON 2: Death and Grief - Poppies</p> <p>Core Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at War</p> <p>Core Theme 3 Unit 2 LESSON 1: Community Event – We're Cultured!</p>	<ul style="list-style-type: none"> <li>• In Year 5 children are entering the age where they are more prepared for sensitive discussions around issues such as death, grief and conflict, and as they get older they are more likely to have to deal and cope with these issues in their own lives.</li> </ul>
<b>Spring 1</b>	<p>Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters</p> <p>Core Theme 1 Unit 5 LESSON 1: Drugs – Just Say No!</p> <p>Core Theme 1 Unit 5 LESSON 2: Alcohol – Drink Aware</p> <p>Core Theme 1 Unit 5 LESSON 3: Tobacco – Up in Smoke</p> <p>Core Theme 1 Unit 5 LESSON 4: Substance Abuse – Let's Be Frank</p>	<ul style="list-style-type: none"> <li>• At this age, many children may become more aware of and have more exposure to drugs, alcohol, tobacco and substance abuse. Some children may have heard about these and others may have experienced them. Children must be educated and advised around different situations and choices regarding these topics.</li> </ul>
<b>Spring 2</b>	<p>Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional</p> <p>Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret Info</p> <p>Core Theme 2 Unit 1 LESSON 2: Listening – I'm All Ears!</p> <p>Core Theme 2 Unit 1 LESSON 3: Responding – Scenarios</p>	<ul style="list-style-type: none"> <li>• This unit on relationships builds on children's learning from previous year groups, but focuses on confidentiality, listening and responding to different scenarios in more depth. These are skills which children at this age may sometimes find it difficult to respond appropriately and sensitively.</li> </ul>
<b>Summer 1</b>	<p>Core Theme 1 Unit 2 LESSON 2: Food Choices – Invention Team</p> <p>Core Theme 1 Unit 2 LESSON 3: Cooking – Michelin Stars</p> <p>Lesson 1 Extremism &amp; Radicalisation</p> <p>Lesson 2 Extremism &amp; Radicalisation</p> <p>Lesson 3 Extremism &amp; Radicalisation</p> <p>Lesson 4 Extremism &amp; Radicalisation</p> <p>Lesson 5 Extremism &amp; Radicalisation</p>	<ul style="list-style-type: none"> <li>• Year 5 cover extremism and radicalisation in the Summer term in contexts which are relevant and age appropriate, for example, extreme reactions, following the crowd, homophobia, being easily influenced, radicalisation linked to the 9/11 attacks.</li> </ul>
<b>Summer 2</b>	<p>Core Theme 2 Unit 2 LESSON 1: Responding - Scrabble</p> <p>Core Theme 2 Unit 2 LESSON 2: Shared Goals – It's All Go!</p> <p>Core Theme 2 Unit 2 LESSON 3: Community Spirit – All Join In</p>	<ul style="list-style-type: none"> <li>• Similar to other year groups, this Summer 2 block is based on relationships, and develops children's learning from KS1 and LKS2, before moving on into Year 6.</li> </ul>

<p><b>YEAR 6</b></p> <p><b>3D PSHE LESSON OVERVIEW</b></p>	<p><b>Rationale</b></p>
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<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!	<ul style="list-style-type: none"> <li>As this is the last year of Primary School, Year 6 begins with looking at dreams, aspirations and goals, setting children up to aim high for a successful year ahead.</li> </ul>
<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	<ul style="list-style-type: none"> <li>Children in Year 6 begin the year with age related issues such as race, ethnicity, gender stereotypes (building on their learning in Year 4) and culture. This also ties in with anti-bullying week in November.</li> </ul>
<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 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive Lesson 1 Substance-Related Abuse Lesson 2 Substance-Related Abuse Lesson 3 Substance-Related Abuse Lesson 4 Substance-Related Abuse Lesson 5 Substance-Related Abuse	<ul style="list-style-type: none"> <li>In the Spring Term, children in Year 6 learn about puberty and appropriate/non-appropriate touch. This education is vital to prepare them for their move into Secondary School.</li> <li>This term in Year 6 also takes a closer look at substance abuse, building on their introduction from Year 5 and learning about this is greater detail.</li> </ul>
<b>Spring 2</b>	Core Theme 2 Unit 4 LESSON 2: Support and Care - Connections	<ul style="list-style-type: none"> <li>This lesson focuses on different types of relationships, as well as virtual relationships, building on children’s learning about e-safety and staying safe online, which may be an increased risk of this age group.</li> </ul>
<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!	<ul style="list-style-type: none"> <li>As children move into the Summer Term and begin to consider their future/ aspirations/ careers, they build on their learning from Year 1 and 2, and consider budgeting and responsible use of money.</li> </ul>
<b>Summer 2</b>	Lesson 1 Sex & Relationships Education Lesson 2 Sex & Relationships Education Lesson 3 Sex & Relationships Education Lesson 4 Sex & Relationships Education Lesson 5 Sex & Relationships Education Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money	<ul style="list-style-type: none"> <li>This block is taught in the Summer term as Year 6 must enter secondary school well-prepared with an introduction and overview of sex and relationships education.</li> <li>As Year 6 prepare for their transition into secondary school, they will learn the important skills of making and raising money, and the concept of work and income.</li> </ul>



