

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.

Nursery	
Autumn 1 8 Weeks	Post lockdown lessons - Let's Begin Again 5 lessons
	Lesson 1 Lesson 2
Autumn 2 7 Weeks	Lesson 3 Week 3 - Anti Bullying Week Week 3 - Road Safety Week Lesson 4
Spring 1 6 Weeks	Lesson 5 Lesson 6 Week 6 - Safer Internet Day
Spring 2 5 Weeks	Lesson 7 Lesson 8 Lesson 9
Summer 1 7 Weeks	Lesson 10 Lesson 11 Lesson 12 Lesson 13
Summer 2 6 Weeks	Lesson 14 Lesson 15 Lesson 16

Reception	
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Autumn 1 8 Weeks	Post lockdown lessons - Let's Begin Again 5 lessons
	Lesson 1 Lesson 2 Lesson 3 Lesson 4
Autumn 2 7 Weeks	Lesson 5 Lesson 6 Week 3 - Anti Bullying Week Week 3 - Road Safety Week
	Lesson 7 Lesson 8
Spring 1 6 Weeks	Lesson 9 Lesson 10 Lesson 11 Lesson 12 Week 6 - Safer Internet Day
	Lesson 13 Lesson 14 Lesson 15 Lesson 16
Summer 1 7 Weeks	Lesson 17 Lesson 18 Lesson 19 Lesson 20 Lesson 21
Summer 2 6 Weeks	Lesson 22 Lesson 23 Lesson 24 Lesson 25

Year 1	Health & Wellbeing	Relationships	Living in the Wider World
Autumn 1 8 weeks	Post lockdown lessons	Week 1 Let's Begin Again 5 lessons	
	Unit 1 Communication	Lesson 1 Feelings Lesson 2 Responses Lesson 3 Opinions Lesson 7 Good Manners	
	Unit 3 Fairness	Lesson 3 Behaviour Lesson 4 Right and Wrong	
	Unit 1 Rules and Expectations	Lesson 1 Rules / Expectations 1	
Autumn 2 7 weeks	Unit 1 Rules and Expectations	Lesson 2 Rules / Expectations 2 Lesson 3 Taking Turns	
	Unit 2 Bullying	Week 3 Anti Bullying Week Lesson 1 Definition Lesson 2 Unkindness Lesson 3 Behaviour 1	
	Unit 5 Keeping Safe	Week 3 Road Safety Week Lesson 2 Road Safety	
	Unit 4 Emotions	Lesson 1 Happiness Lesson 2 Anger Lesson 6 Aspirations	

Spring 1 6 weeks	Unit 2 Communities	Lesson 1 Our School Lesson 2 Belonging 1 Lesson 3 Belonging 2
	Unit 3 Money and Finance	Lesson 1 Money 1 Lesson 2 Money 2
	Unit 5 Keeping Safe	Week 6 Safer Internet Day Safe Zone 4 lessons Lesson 6 Internet Safety
Spring 2 5 weeks	Unit 3 Money and Finance	Lesson 5 Choices
	Extremism and Radicalisation	Lesson 1 Lesson 2 Lesson 3
Summer 1 7 weeks	Unit 4 Family and Friends	Lesson 1 Friendship 1 Lesson 2 Friendship 2 Lesson 5 Family 1
	Unit 1 Healthy Lifestyles	Lesson 1 Healthy Eating 1 Lesson 4 Physical Activity 1
	Unit 2 Hygiene	Lesson 1 Dental Hygiene 1 Lesson 2 Dental Hygiene 2
Summer 2 6 weeks	Unit 2 Hygiene	Lesson 4 Washing Hands Lesson 5 Keeping Clean
	Unit 3 Growing and Changing	Lesson 3 Growing Up Lesson 4 Changing Needs Lesson 6 Emotions
	Unit 5 Keeping Safe	Lesson 2 Sun Safety

Year 2	Health & Wellbeing	Relationships	Living in the Wider World
Autumn 1 8 weeks	Post lockdown lessons	Week 1 Let's Begin Again 5 lessons	
	Unit 1 Communication	Lesson 4 Co-operation 1 Lesson 5 Co-operation 2 Lesson 6 Co-operation 3	
	Unit 3 Fairness	Lesson 1 Fair and Unfair Lesson 2 Comparisons Lesson 5 Teasing Lesson 6 Kindness	
Autumn 2 7 weeks	Unit 1 Rules and Responsibilities	Lesson 4 Lending/Borrowing Lesson 5 Sharing	
	Unit 2 Bullying	Week 3 Anti Bullying Week Lesson 4 Behavior 2 Lesson 5 Behaviour 3	
	Unit 5 Keeping Safe	Week 3 Road Safety Week Lesson 2 Road Safety	

	Unit 1 Rules and Responsibilities	Lesson 6 Caring
	Unit 4 Emotions	Lesson 3 Love Lesson 4 Sadness Lesson 5 Consequences
Spring 1 6 weeks	Unit 2 Hygiene	Lesson 3 Dental Hygiene 3 Lesson 6 Skin
	Unit 5 Keeping Safe	Lesson 3 Drug Safety
		Week 6 Safer Internet Day Week 4, 5 & 6 Safe Zone 7 lessons
Spring 2 5 weeks	Unit 3 Money and Finance	Lesson 3 Money 3 Lesson 4 Money 4 Lesson 6 Enterprise
	Unit 2 Communities	Lesson 4 Local Citizenship 1 Lesson 5 Local Citizenship 2
Summer 1 7 weeks	Unit 4 Family and Friends	Lesson 3 Friendship 3 Lesson 4 Friendship 4 Lesson 6 Family 2
	Unit 1 Healthy Lifestyles	Lesson 2 Healthy Eating 2 Lesson 3 Healthy Eating 3 Lesson 5 Physical Activity 2 Lesson 6 Exercise
Summer 2 6 weeks	Unit 3 Growing and Changing	Lesson 1 Similarities and Differences Lesson 2 The Human Body Lesson 5 Responsibility
	Unit 5 Keeping Safe	Lesson 4 Personal Safety Lesson 5 Emotional Safety Lesson 7 Staying Safe

Year 3	Health & Wellbeing	Relationships	Living in the Wider World
Autumn 1 8 weeks	Post lockdown lessons	Let's Begin Again 5 lessons	
	Unit 1 Rules and Responsibilities	Lesson 1 Rules	
	Unit 1 Communication	Lesson 1 Clear Messages Lesson 2 How to Listen	
	Unit 2 Collaboration	Lesson 1 Working Together 1 Lesson 2 Working Together 2	
Autumn 2 7 weeks	Unit 5 Healthy Relationships	Lesson 1 Friendship 1 Lesson 2 Friendship 2	
	Unit 3 Bullying	Week 3 Anti Bullying Week Lesson 1 Reactions Lesson 2 Self-Worth	
	Unit 4 Similarities and	Lesson 1 Connections	

	Differences	Lesson 2 Family Links
		Week 3 Road Safety Week
Spring 1 6 weeks	Unit 6 Safety	Week 6 Safer Internet Day Lesson 1 E-Safety Lesson 2 Online Privacy 1 Lesson 3 Online Privacy 2 Lesson 4 Online Privacy 3
Spring 2 5 weeks	Unit 1 Physical, Emotional & Mental	Lesson 1 Physical, Emotional and Mental 1
	Unit 2 Healthy Lifestyles	Lesson 1 A Balanced Approach Lesson 2 Physical Exercise
	Unit 3 Nutrition and Food	Lesson 1 Balanced Diet Lesson 2 Balanced Diet
Summer 1 7 weeks	Unit 5 Emotions	Lesson 1 Loss / Separation 1 Lesson 4 Family Changes Lesson 5 Feelings
	Unit 4 Aspirations	Lesson 1 Identified Strengths 1 Lesson 2 Identified Strengths 2
Summer 2 6 weeks	Unit 2 Collaboration	Lesson 1 Different Communities Lesson 2 School Communities
	Unit 8 First Aid	Lesson 1 How to Help

Year 4	Health & Wellbeing	Relationships	Living in the Wider World
Autumn 1 8 weeks	Post lockdown lessons	Let's Begin Again 5 lessons	
	Unit 1 Communication	Lesson 3 Responding to Others Lesson 4 Expressing Opinions	
	Unit 2 Collaboration	Lesson 3 Shared Goals	
	Unit 5 Healthy Relationships	Lesson 3 Friendship 3 Lesson 4 Friendship 4	
Autumn 2 7 weeks	Unit 4 Similarities and Differences	Lesson 3 Religious Views 1 Lesson 4 Religious Views 2	
	Unit 3 Bullying	Week 3 Anti Bullying Week Lesson 3 Persistence and Resilience Lesson 4 Negative Persistence	
		Week 3 Road Safety Week	
	Unit 2 Healthy Lifestyles	Lesson 3 Lifestyle Choices Lesson 4 Sleep	
Spring 1	Unit 3 Nutrition and Food	Lesson 3 Working With Food 1 Lesson 4 Working With Food 2	

6 weeks	Unit 1 Physical, Emotional and Mental	Lesson 2 Physical, Emotional and Mental 2 Lesson 3 Physical, Emotional and Mental 3
	Unit 6 Safety	Week 6 Safer Internet Day Lesson 5 Internet Use 1 Lesson 6 Internet Use 2
Spring 2 5 weeks	Unit 1 Rules and Responsibilities	Lesson 2 Thinking Ahead Lesson 3 Taking the Lead
	Unit 3 Discrimination	Lesson 1 Gender Stereotypes
	Unit 4 Economic Awareness	Lesson 1 Money Choices Lesson 2 Managing Money
Summer 1 7 weeks	Unit 5 Emotions	Lesson 2 Loss / Separation 2 Lesson 3 Loss / Separation 3 Lesson 6 Self-Respect
	Unit 7 Growing and Changing	Lesson 1 Before Puberty Lesson 2 Visible Changes
Summer 2 6 weeks	Unit 8 First Aid	Lesson 2 Emergency Calls 1 Lesson 3 Emergency Calls 2
	Unit 4 Aspirations	Lesson 3 Setting Goals 1 Lesson 4 Setting Goals 2

Year 5	Health & Wellbeing	Relationships	Living in the Wider World
Autumn 1 8 weeks	Post lockdown lessons	Let's Begin Again 5 lessons	
	Unit 1 Communication	Lesson 2 Listening 1 Lesson 3 Listening 2	
	Unit 2 Collaboration	Lesson 2 Shared Goals Lesson 3 Community Spirit	
Autumn 2 7 weeks	Unit 4 Healthy Relationships	Lesson 3 Marriage Lesson 4 Mental Wellbeing	
	Unit 3 Similarities and Differences	Week 3 Anti Bullying Week Lesson 3 Culture	
	Unit 2 Diversity	Lesson 1 Community Event	
		Week 3 Road Safety Week	
	Unit 1 Health	Lesson 1 Physical, Emotional and Mental Lesson 3 Healthy Lifestyles Lesson 4 Physical Illness	
Spring 1 6 weeks	Unit 4 Emotions	Lesson 3 Managing Conflict	
	Unit 5 Safety	Lesson 1 Drugs Lesson 2 Alcohol Lesson 5 Basic First Aid	
	Unit 5 Safety	Week 6 Safer Internet Day Lesson 6 Internet Safety	

Spring 2 5 weeks	Unit 2 Nutrition and Food	Lesson 1 Food Choices 1 Lesson 2 Food Choices 2 Lesson 3 Cooking
	Unit 1 Rules and Responsibilities	Lesson 1 Structure
Summer 1 7 weeks	Substance Related Abuse	Lesson 1 Keeping Safe Lesson 2 Taking Risks Lesson 3 Taking Drugs Lesson 4 Drug Awareness Lesson 5 Substance Abuse
Summer 2 6 weeks	Unit 3 Economic Awareness	Lesson 1 Budgeting Lesson 2 Consumer Sense 1 Lesson 3 Consumer Sense 2
	Unit 3 Aspirations	Lesson 1 Identified Strengths 1 Lesson 2 Identified Strengths 2

Year 6	Health & Wellbeing	Relationships	Living in the Wider World
Autumn 1 8 weeks	Post lockdown lessons	Let's Begin Again 5 lessons	
	Unit 1 Communication	Lesson 1 Confidentiality	
	Unit 2 Collaboration	Lesson 1 Teamwork	
	Unit 4 Healthy Relationships	Lesson 1 Physical Contact Lesson 2 Support and Care	
Autumn 2 7 weeks	Unit 4 Enterprise	Lesson 1 Generating Income Lesson 2 Raising Money	
	Unit 3 Similarities and Differences	Week 3 Anti Bullying Week Lesson 1 Race and Ethnicity Lesson 2 Gender Stereotypes	
		Week 3 Road Safety Week	
	Unit 1 Rules and Responsibilities	Lesson 2 Law and Order Lesson 3 UN Rights	
Spring 1 6 weeks	Unit 4 Emotions	Lesson 1 Death & Grief 1 Lesson 2 Death & Grief 2	
	Unit 5 Safety	Lesson 3 Tobacco Lesson 4 Substance Abuse	
	Unit 4 Healthy Relationships	Week 6 Safer Internet Day Lesson 5 Online Relationships	
Spring 2 5 weeks	Extremism and Radicalisation	Lesson 1 Building Courage and Resilience Lesson 2 Extreme Reactions Lesson 3 Minority Groups Lesson 4 Vulnerability Lesson 5 Terrorism	
Summer 1 7 weeks	Relationships and Sex Education	Lesson 1 Forming Relationships Lesson 2 Sexual Relationships	

		<p>Lesson 3 Healthy Relationships</p> <p>Lesson 5 Unhealthy Relationships</p> <p>Lesson 5 Gender Issues Relationships</p>
<p>Summer 2</p> <p>6 weeks</p>	<p>Unit 1 Health</p>	<p>Lesson 2 Physical, Emotional and Mental</p> <p>Lesson 5 Healthy Minds</p> <p>Lesson 6 Immunisation</p>
	<p>Unit 3 Aspirations</p>	<p>Lesson 3 Setting Goals 1</p> <p>Lesson 4 Setting Goals 2</p>