



**FIRST STEPS TOGETHER**  
SKILLS FOR LIFE

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# **KS2 PSHE and RSE CURRICULUM POLICY**

## **2023-2024**

**Last Update: February 2024**  
**Next Update: September 2024**

## Introduction

First Steps Together offers an integrated therapeutic, and education provision which supports students to realise their full potential, whilst developing their social and emotional resilience. Due to the complex nature of the pupils that attend First Steps Together, it is our responsibility to provide them with the most appropriate curriculum, to promote their academic learning, life skills, Personal, Social, Health and Citizenship and their Spiritual, Moral, Social and Cultural Education.

Students who attend First Steps Together have invariably experienced disrupted education placements. Some may have limited positive experiences of education and our assessment processes may demonstrate that pupils are working below age related expectations on admission.

Here, at First Steps Together we value PSHE as a way to support students' development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships , Sex and Health Education within our whole-school PSHE Programme.

To ensure progression and a spiral curriculum, we use 3D PSHE by Dimensions, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to our students' needs. The mapping document, 'Dimensions 3D PSHE statutory RSE and Health Education', shows that our school meets the statutory RSE and Health Education requirements.

This programme's complimentary update policy ensures we are always using the most up-to-date teaching materials and that our teachers are well-supported.

## Curriculum Responsibilities

The Head Teacher and Deputy Head Teacher of Teaching and Learning has overall responsibility for the implementation, development and monitoring of all areas of the curriculum throughout Key Stages; supported by the senior leadership team (SLT), and subject specialist practitioners.

Class teachers in conjunction with the Head Teacher and SLT, have a responsibility for the implementation, development and monitoring of their particular subject area across the key stages, thus ensuring continuity and progression throughout the whole school.

Class teachers design the school curriculum to ensure it clearly sets out the knowledge and skills that pupils will gain at each stage (**intent**). They also consider the way that the curriculum is developed, taught and assessed in order the support pupils to build their knowledge and to apply that knowledge as skills (**implementation**). The Head teacher, SLT, and subject leaders also consider the outcomes that pupils will achieve as a result of their education at First Steps Together (**impact**).

We expect that the majority of pupils will have a working plan that reflects their current abilities and the modifications required to ensure the pupil's needs are met. Referring

institutions, therapeutic partners, and external agencies in conjunction with the Head Teacher, SLT, and subject teachers ensure that all the individual needs of the pupils are met through the development and implementation support plans.

### **Aims**

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. 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* any additional content on sex education to meet the needs of our pupils.

Delete the following if not purchased:

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.

### **Parent/Carer Consultation**

On Forming this policy, First Steps Together have consulted with parents/carers.

## PSHE Content and Coverage

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

### Year One Overview

<b>Autumn 1</b>	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 Year One LESSON 1: Copyright and Ownership
<b>Autumn 2</b>	Core Theme 2 Unit 1 LESSON 1: Feelings - How I Feel Core Theme 2 Unit 1 LESSON 2: Responses - You and Me Safe Zone Year One LESSON 2: Self- Image and Identity
<b>Spring 1</b>	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 Unit1 LESSON 3: Healthy Eating - Party Time! Core Theme 2 Unit 3 LESSON 2: Comparisons - All the Same Safe Zone Year One LESSON 3: Managing Online Information
<b>Spring 2</b>	Core Theme 1 Unit 5 LESSON 4: Personal Safety - Secret Surprise Core Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting Help Safe Zone Year One LESSON 4: Privacy and Security
<b>Summer 1</b>	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
<b>Summer 2</b>	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

## Year Two Overview

<p><b>Autumn 1</b></p>	<p>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 Year Two LESSON 1: Self-Image and Identity</p>
<p><b>Autumn 2</b></p>	<p>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 Two LESSON 2: Online Relationships</p>
<p><b>Spring 1</b></p>	<p>Core Theme 1 Unit 2 LESSON 5: Keeping Clean - Bath-time            Core Theme 1 Unit 2 LESSON 6: Skin - Skinny Tips            Safe Zone Year Two LESSON 3: Online Reputation</p>
<p><b>Spring 2</b></p>	<p>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 Two LESSON 4: Online Bullying</p>
<p><b>Summer 1</b></p>	<p>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 Two LESSON 5: Managing Online Information</p>
<p><b>Summer 2</b></p>	<p>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 Two LESSON 6: Copyright and Ownership            Safe Zone Year Two LESSON 7: Privacy and Security</p>



### Year Three Overview

<p><b>Autumn 1</b></p>	<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            Safe Zone Year Three LESSON 1: Self Image and Identity</p>
<p><b>Autumn 2</b></p>	<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</p>
<p><b>Spring 1</b></p>	<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!            Safe Zone Year Three LESSON 2: Online Relationships            Safe Zone Year Three LESSON 3: Online Reputation</p>
<p><b>Spring 2</b></p>	<p>Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community            Safe Zone Year Three LESSON 4: Health, Well-being and Lifestyle</p>
<p><b>Summer 1</b></p>	<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!            Core Theme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams            Safe Zone Year Three LESSON 5: Privacy and Security</p>
<p><b>Summer 2</b></p>	<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            Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places            Safe Zone Year Three Lesson 6: Copyright and Ownership</p>

## Year Four Overview

<b>Autumn 1</b>	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 Four LESSON 1: Online Relationships and Online Bullying
<b>Autumn 2</b>	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 5: Feelings – Overreacting Safe Zone Year Four LESSON 2: Health, Well-being and Lifestyle
<b>Spring 1</b>	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 Four LESSON 3: Online Reputation and Managing Online Information
<b>Spring 2</b>	Core Theme 1 Unit 5 LESSON 6: Self-Respect – Let’s Rock! Safe Zone Year Four LESSON 4: Self Image and Identity
<b>Summer 1</b>	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 Four LESSON 5: Copyright and Ownership
<b>Summer 2</b>	Core Theme 2 Unit 4 LESSON 1: Connections - Paper Chains Safe Zone Year Four LESSON 6: Privacy and Security

**Year Five Overview**

<p><b>Autumn 1</b></p>	<p>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 Five LESSON 1: Privacy and Security</p>
<p><b>Autumn 2</b></p>	<p>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            Safe Zone Year Five LESSON 2: Self Image and Identity</p>
<p><b>Spring 1</b></p>	<p>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 Five LESSON 3: Online Reputation and Managing Online Information</p>
<p><b>Spring 2</b></p>	<p>Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional            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!            Safe Zone Year Five LESSON 4: Health, Well-being and Lifestyle</p>
<p><b>Summer 1</b></p>	<p>Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters            Core Theme 2 Unit 1 Lesson 1: Confidentiality - Secret Eaters            Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive            Safe Zone Year Five LESSON 5: Copyright and Ownership</p>
<p><b>Summer 2</b></p>	<p>Core Theme 1 Unit 5 LESSON 5: Basic First-Aid – First Aids Tips            Safe Zone Year Five LESSON 6: Online Relationships and Online Bullying</p>

## Year Six Overview

<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 5 LESSON 6: Internet Safety – Fake News Safe Zone Year Six LESSON 1: Online Reputation and Managing Online Information
<b>Autumn 2</b>	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 Six LESSON 2: Online Reputations and Online Bullying
<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 Safe Zone Year Six LESSON 3: Self Image and Identity
<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 3 LESSON 1: Race and Ethnicity - United States? Safe Zone Year Six LESSON 4: Health, Lifestyle and Well-being
<b>Summer 1</b>	Core Theme 2 Unit 4 LESSON 3: Marriage – I Promise... Core Theme 2 Unit 4 LESSON 2: Support and Care - Connections Safe Zone Year Six LESSON 5: Privacy and Security
<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 Safe Zone Year Six LESSON 6: Copyright and Ownership

### 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

We use the 3D PSHE Extremism and Radicalisation Units. For students working below KS2, 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.

### **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](#)