

APPENDIX 1

Core theme 1: Health & Wellbeing

Core theme 2: Relationships

Core theme 3: Living in the Wider World

Sex and Relationships Education

Awareness of views in the wider world

YEAR 1 3D PSHE LESSON OVERVIEW		Rationale
Autumn 1	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!	To help the children understand their own emotions as well as the emotions of others. To understand how we work and play together.
Autumn 2	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	To be able to manage our behaviour and emotions when things might not go our way.

Spring 1	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!	To understand how to be safe online. To understand what being kind means and to treat others in a kind manner. To Discuss what empathy means and how people may feel in certain situations.
Spring 2	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	To know what health and hygiene means. To Learn how to take care of ourselves and practise good hygiene.
Summer 1	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	To be able to Talk about our families and people who are special to us. To be able to discuss why people are special to us. To care about all living things and why this is important.

<p>Summer 2</p>	<p>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</p>	<p>To be able to Talk about emotional and some physical changes since birth. To understand why we should care for ourselves and be able to empathise with others. To be able to Talk about and know the difference between secrets and surprises. To understanding when not to keep adults’ secrets. To be able to say ‘no’.</p>
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<p>YEAR 2 3D PSHE LESSON OVERVIEW</p>		
<p>Autumn 1</p>	<p>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</p>	<p>To understand what healthy eating is and why it is important. To understand the importance of rules and why we have class rules. To understand the rule of turn taking, how to share and the importance of sharing.</p>

	Core Theme 3 Unit 1 LESSON 5: Sharing - Share the Booty	
Autumn 2	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	To understand how friendship works and why it is important to have friends.
Spring 1	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!	To understand a range of emotions, why we have them and strategies of how to manage them. To understanding that actions have consequences. To understand the importance of having aspirations.
Spring 2	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!	To discuss the Importance of belonging and how this makes us feel. To understand the importance of being part of school and local community/projects. To understand the importance of keeping safe and road safety. To understanding the importance of medicines and the need for medicines to be taken with an adult present.

	<p>Core Theme 3 Unit 2 LESSON 4: Local Citizenship - Our Local Area</p> <p>Core Theme 3 Unit 2 LESSON 5: Local Citizenship - Community Care</p> <p>Core Theme 1 Unit 5 LESSON 2: Road Safety – Green X Code</p> <p>Core Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine</p>	
<p>Summer 1</p>	<p>Core Theme 1 Unit 3 LESSON 1: Similarities and Differences - Boys v Girls</p> <p>Core Theme 1 Unit 3 LESSON 2: The Human Body - Body Bits</p> <p>Core Theme 1 Unit 1 LESSON 2: Healthy Eating - Meat Eaters;</p> <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>	<p>To understand the difference between boys and girls.</p> <p>To learn the names for different parts of the body.</p> <p>To understand their own body and the importance of keeping healthy.</p> <p>To know ways of how to keep healthy the importance of physical health.</p>
<p>Summer 2</p>	<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>	<p>To understand the importance and value of money as well as how to keep it safe.</p> <p>To have an understanding of basic business and how production/money works.</p>

YEAR 3		
3D PSHE LESSON OVERVIEW		
Autumn 1	<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>	<p>To understand the importance of a well-balanced diet. And</p> <p>To have some understanding of where food comes from and how to use it.</p>
Autumn 2	<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>	<p>To understand the emotions/feelings of loss and how to deal with these.</p> <p>To have an understanding of money and choices that come with it.</p>
Spring 1	<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>	<p>To understand online safety, how to manage this and how to keep safe.</p>
Spring 2	<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>To have an understanding of physical, emotional and mental health.</p> <p>To know how to manage changes and feelings.</p> <p>To have an understanding of how to make the right health choices and to understand the consequences of unhealthy choices.</p> <p>To share personal goals, respecting the similarities and differences of others.</p>

	<p>Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define: Healthy</p> <p>Core Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids?</p> <p>Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice</p>	
Summer 1	<p>Core Theme 1 Unit 7 LESSON 1: Before Puberty – You’ve Grown!</p> <p>Core Theme 1 Unit 7 LESSON 2: Visible Changes – Mind the Gap</p> <p>Core Theme 1 Unit 8 LESSON 1: How to Help – Who to Call</p> <p>Core Theme 1 Unit 8 LESSON 2: Emergency Calls – Calling 999</p> <p>Core Theme 1 Unit 8 LESSON 3: Emergency Calls – Ambulance, Now!</p>	<p>To understand the physical and emotional changes that take place.</p> <p>To understand who to call and when to call them in an emergency.</p>
Summer 2	<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 3: Celebrate Diversity – Inside Outside</p>	<p>To understand the importance of relationships with family and friends.</p> <p>To understand how we are connected through similarities.</p> <p>To respect people’s different cultural and religious views/beliefs.</p>

<p>YEAR 4</p> <p>3D PSHE LESSON OVERVIEW</p>		
Autumn 1	<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>To help the children understand resilience, being kind to one another and empathy.</p>

Autumn 2	<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> <p>Core Theme 2 Unit 5 LESSON 1: Friendship – Best Features</p> <p>Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time</p> <p>Core Theme 2 Unit 5 LESSON 3: Friendship – The BAFAs</p>	<p>To be awareness of different family units.</p> <p>To explore the qualities of a good friend.</p>
Spring 1	<p>Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot Dot Dash</p> <p>Core Theme 2 Unit 1 LESSON 2: How to Listen – Listen Up!</p> <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>To explore the different ways that people with each other.</p> <p>To be able to communicate with others in a kind manner.</p>
Spring 2	<p>Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places</p> <p>Core Theme 3 Unit 2 LESSON 1: Different Communities – My community</p> <p>Core Theme 3 Unit 2 LESSON 2: School Communities – School Swap</p>	<p>To understand how to work together to create a better, safer environment for all.</p> <p>To explore ways of Interacting/communicating with the community.</p>
Summer 1	<p>Core Theme 1 Unit 4 LESSON 1: Identified Strengths – I’m Good at That</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>	<p>To be able to promote self-confidence and self-belief.</p> <p>To be able to set individual, realistic, goals and ambitious aspirations.</p>
Summer 2	<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>To Promote teamwork and be able to work with different children.</p> <p>To discussing problems and be able to work collaboratively to solve them.</p> <p>To discussing discrimination and stereotypes.</p>

	Core Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers	
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YEAR 5		
3D PSHE LESSON OVERVIEW		
Autumn 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	To be able to discuss structure and why it is important. Understand the importance of democracy, government and monarchy. To know that Children have rights (link to RRSA.)
Autumn 2	Core Theme 1 Unit 4 LESSON 1: Bereavement – It’s Natural Core Theme 1 Unit 4 LESSON 2: Bereavement - 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!	To discuss how people can feel alone and misunderstood. To understand through talking how death is a part of the life cycle. To understand the need for empathy if people are having a difficult time.
Spring 1	Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters 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	To understand the importance of food groups and the need for a well-balanced diet. To discuss segregation laws in the United States and the impact of racial discrimination on societies past and present. To learn about gender discrimination and the different forms of discrimination in society. To challenge stereotypes and discrimination.
Spring 2	Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret Info	To be able to make links between physical, mental and emotional health. To develop communication and listening skills.

	Core Theme 2 Unit 1 LESSON 2: Listening – I’m All Ears! Core Theme 2 Unit 1 LESSON 3: Responding – Scenarios	To recognise the importance of using different communication skills -when to listen or talk.
Summer 1	Core Theme 1 Unit 2 LESSON 2: Food Choices – Invention Team Core Theme 1 Unit 2 LESSON 3: Cooking – Michelin Stars	To understand the Importance of working collaboratively. To learn cooking skills.
Summer 2	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	To understand the importance of collaborative working to find a solution or to get the best possible outcome. To understand the importance of individual contribution /teamwork within the community.

YEAR 6		
3D PSHE LESSON OVERVIEW		
Autumn 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 3 LESSON 3: Setting Goals – ‘Super Futures’ Core Theme 1 Unit 3 LESSON 4: Setting Goals – I Can Do That!	To be able to identify their strengths and how they fit into class and wider society. To encourage high aspirations and the importance of this.
Autumn 2	Core Theme 1 Unit 5 LESSON 1: Drugs – Just Say No! Core Theme 1 Unit 5 LESSON 2: Alcohol – Drink Aware Core Theme 1 Unit 5 LESSON 3: Tobacco – Up in Smoke Core Theme 1 Unit 5 LESSON 4: Substance Abuse – Let’s Be Frank	To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures. Identifying risks associated with use and misuse of a range of substances and the impact that this can have on individuals, family and friends. Also making responsible and informed decisions regarding medicines, alcohol, tobacco and other substances and drugs. To understand the difference between alcoholic and non-alcoholic drinks.

		<p>To discuss the dangers of smoking.</p> <p>To discuss substance abuse and how everyday substances have uses but also can be misused. To further discuss the effects of substance abuse.</p>
Spring 1	<p>Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – What’s Puberty?</p> <p>Core Theme 1 Unit 1 LESSON 3: Healthy Lifestyles – You Choose!</p> <p>Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive</p>	<p>To understand physical, emotional and mental development/changes.</p> <p>To have an understanding of how to live a healthy lifestyle and why this is important.</p> <p>To understand appropriate and inappropriate touch.</p> <p>To have an understanding about how to make the correct decisions in regards to medicines and drugs.</p> <p>To have an awareness of the different names for drugs.</p>
Spring 2	<p>Core Theme 2 Unit 4 LESSON 2: Support and Care - Connections</p>	<p>To understand that relationships can change as we grow up and be aware that people/situations can have both a positive and negative impact on relationships.</p>
Summer 1	<p>Core Theme 3 Unit 3 LESSON 1: Budgeting – Money Supermarket</p> <p>Core Theme 3 Unit 3 LESSON 2: Consumer Sense – Payment Terms</p> <p>Core Theme 3 Unit 3 LESSON 3: Consumer Sense – A Class Catalogue!</p> <p>Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money</p> <p>Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money</p>	<p>To have an understanding of finances, how to budget and what this means.</p> <p>To understand the importance of savings and how to make money ‘go further’.</p> <p>To understand monetary terms e.g. VAT, interests, discounts, loan, tax.</p> <p>To understand the principles of enterprise and making money.</p> <p>To know and understand the principles of charity work.</p>

Summer 2	Lesson 1 Sex and Relationships Education Lesson	<p>To know and understand why close relationships are formed particularly in adolescence.</p> <p>To understand the importance of close friendships and how these develop.</p> <p>To have an awareness of gender identity discussing the terms transgender and transvestite.</p> <p>To understand the wider world, people's views and beliefs and the impact that this can have on/in the wider world.</p>
	Lesson 2 Sex and Relationships Education Lesson	
	Lesson 3 Sex and Relationships Education Lesson	
	Lesson 4 Sex and Relationships Education Lesson	
	Lesson 5 Sex and Relationships Education Lesson	
	Summer 2 Lesson 1 Awareness of views in the wider world	
	Summer 2 Lesson 2 Awareness of views in the wider world	
	Summer 2 Lesson 3 Awareness of views in the wider world	
	Summer 2 Lesson 4 Awareness of views in the wider world	
	Summer 2 Lesson 5 Awareness of views in the wider world	