



North Crescent Primary School

PSHE and RSE Policy

Date Policy Created	September 2024
Last reviewed by Governors	
Next Review	September 2025

The publication published in May 2024 remains in draft with no indication yet as to next steps from the new government. This policy will be updated if new guidance comes into place.

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.'

INTENT

We use the Dimensions PSHE Programme; 3D PSHE. This policy, provided by Dimensions Curriculum, reflects the 2021 guidance and covers all aspects of Relationships Education and Health Education in an age-appropriate way.

The 3D curriculum is designed to develop pupil's knowledge, skills and attributes needed in order to keep themselves healthy and safe whilst preparing them for life and work.

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 also 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.

Furthermore, our curriculum 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

IMPLEMENTATION

How is PSHE taught?

PSHE is taught through a range of methods: talk partners, discussions, open questions, audio and visual stimuli. Pupils may be asked to join-in discussions, ask questions and record through illustrations and writing. Specialist visitors may be engaged from the school nursing team or NatWest Moneysense, for example.

When is PSHE taught?

PSHE is taught intrinsically as part of the Dimension themes and additional supplementary lessons. Classes are also encouraged to address bespoke themes as they arise: this may be through circle times and timely discussions. Additionally, class and whole school assemblies address themes that arise from the school's values, our school day, as well as through local, national and international campaigns and events.

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

PSHE is taught explicitly to all pupils. Explicit links are made between every aspect of PSHE and links from lesson to lesson are revised. Elements may be pre-taught, taught by interleaving, and through post-teaching. Key vocabulary, images, videos, audio and physical interpretations, such as role play, are planned for universally and/or for specific pupils.

Equality

We will ensure equality by providing all children with the skills and knowledge to protect

themselves and understand their own identities. Our curriculum and school ethos ensures that teachers respect how pupils choose to identify themselves, understanding that depending on their age and maturity, their sexual orientation and gender identity may be 'emerging'. RSE teaching is sensitive to the different needs of pupils and teachers understand that content and approach may need to be adapted to meet the needs of individuals.

Pupils' questions in RSE will be answered by carefully considering the curriculum, and the questions appropriateness. Teachers do not answer questions that do not link to the subject content for their year group. Instead they refer the child to speak to their parent, or the teacher highlights the question to the parent, to give them the opportunity to address it outside of school. If necessary, teachers are able to ask the child to wait for an answer to give them time to consult with the school's leadership team (*for instance: 'That is a really interesting question and I need a little time to think because I want to give you a really good answer'*).

We ensure that pupils know how to raise anonymous questions should they not feel comfortable raising questions in an open setting.

How are PSHE and RSE assessed?

Both formative and summative approaches are used to assess and track pupil's learning. Discussions, observations and live marking allow for immediate feedback and addressing of any misconceptions. Class teachers use attainment descriptors on the Dimensions Curriculum Track Zone to record pupil's knowledge and understanding against each unit taught.

How is PSHE monitored?

The subject leader will monitor PSHE by pupil and staff questionnaires and face-to-face communication, as well as through book looks, observations, planning checks and termly assessment surveys.

Safeguarding

Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. In the event of a disclosure, or any reason to believe a pupil is at risk, we follow our Safeguarding and Child Protection Policy.

RSE (Relationship Sex Education)

RELATIONSHIPS EDUCATION Curriculum: 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. Pupils' circumstances will be explored sensitively to recognise that families of many forms provide a nurturing environment. Teaching should illustrate a wide range of family structures.

Government statutory guidance (July 2025) strongly advises primary schools to teach about healthy, loving relationships, and to include same-sex along with other family arrangements when discussing families.

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 contact are the forerunners of teaching about consent, which takes place at secondary school.

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. This is achieved through a plethora of exciting and innovative learning experiences for 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.

Government statutory guidance (July 2025) states that primary children should be introduced to protective and preventative content in a way that does not cause unnecessary alarm and does not normalise risky behaviours or activities. For example, in late primary it may be necessary to address and respond to situations that arise/that are directly affecting pupils in the school. In this instance if there is a deviation from published RSE policy, parents will be informed in advance and relevant materials will be shared.

SEX EDUCATION Curriculum: Non 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 in Year 6. 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/carers of Year 2, 3 and 5 to view the content of lessons, concerning the human body and the term puberty, to share vocabulary. We consult with parents/carers Year 6 pupils 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.

Rules are set for the lessons:

- Staff will only use and refer to the materials and vocabulary provided
- The content of Year 6 lessons will only be shared in the lessons with pupils included in the lessons
- Pupils will not ask personal questions of staff
- Pupils can anonymously raise questions.


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.

Parents have the right to withdraw their children from our **non-statutory** sex education lessons. Our PSHE Lead and Classteachers will support parents to understand the lesson content so that an informed choice can be made. Unfortunately, even if a child is withdrawn from non-statutory sex education lessons, there is a strong likelihood of the child hearing their peers' version of what was said rather than what was directly said by the teacher. This detrimental effect 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.

PSHE Content and Coverage

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

EYFS lessons are taught in order from lesson 1 to lesson 25, in conjunction with PSHE songs for assembly.





3D PSHE Coverage Matrix

Early Years
PSHE Lessons Overview

Explorers 2	Come Fly with Me! Asia	Happy to Be Me!	Help is at Hand	Let's Play	No Place Like Home	Tell Us a Story	Under the Sea	What on Earth...!
	Lesson 16 'All Join In'	Lesson 19 'Busy Body'	Lesson 11 'I Feel Poorly'	Lesson 4 'It's Your Turn'	Lesson 2 'Nan's House'	Lesson 13 'Bully Boy'	Lesson 7 'An Old Friend'	Lesson 25 'Litter Bug!'
		Lesson 14 'Family Fun'	Lesson 17 'I'm Stuck!'		Lesson 20 'The New Pet'	Lesson 17 'I'm Stuck!'		
		Lesson 8 'Me and You'						

3D PSHE Lessons not included	Lesson 1 'Hide and Seek'	Lesson 3 'I Like...'	Lesson 5 'What a Problem'	Lesson 6 'Take the Plunge'	Lesson 9 'Stick to the Rules'	Lesson 10 'Rainy Days'	Lesson 12 'Clean and Tidy'
	Lesson 15 'One Gold Star'	Lesson 18 'A Piece of Cake'	Lesson 21 'Getting in a Knot'	Lesson 22 'E-Safety, Be Safe'	Lesson 23 'Eid Mubarak!'	Lesson 24 'Playtime Games'	

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Year One Overview

Autumn 1	<p>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</p>
Autumn 2	<p>Core Theme 1 Unit 4 LESSON 1: Happiness - Smile! Core Theme 2 Unit 1 LESSON 1: Feelings - How I Feel Core Theme 2 Unit 1 LESSON 2: Responses - You and Me Core Theme 2 Unit 1 LESSON 3: Opinions - I Think...</p>
Spring 1	<p>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 Unit 1 LESSON 2: Healthy Eating - Meat Eaters Core Theme 2 Unit 3 LESSON 2: Comparisons - All the Same</p>
Spring 2	<p>Core Theme 1 Unit 5 LESSON 4: Personal Safety - Secret Surprise Core Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting Help</p>
Summer 1	<p>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</p>
Summer 2	<p>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</p>



Year Two Overview

Autumn 1	<p>Core Theme 2 Unit 3 LESSON 1: Fair and Unfair - It's Not Fair!</p> <p>Core Theme 2 Unit 3 LESSON 4: Right and Wrong - In the Right</p> <p>Core Theme 2 Unit 5 LESSON 7: Staying Safe - I Don't Know You</p> <p>Core Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine</p>
Autumn 2	<p>Core Theme 1 Unit 4 LESSON 5: Consequences - Good v Bad</p> <p>Core Theme 2 Unit 1 LESSON 4: Co-operation - Negotiation</p> <p>Core Theme 2 Unit 1 LESSON 5: Co-operation - Want to Play?</p> <p>Core Theme 2 Unit 1 LESSON 6: Co-operation - Let's Debate!</p>
Spring 1	<p>Core Theme 1 Unit 2 LESSON 5: Keeping Clean - Bath-time</p> <p>Core Theme 1 Unit 2 LESSON 6: Skin - Skinny Tips</p>
Spring 2	<p>Core Theme 1 Unit 3 LESSON 3: Growing Up - All Grown Up</p> <p>Core Theme 1 Unit 3 LESSON 4: Changing Needs - I Need</p> <p>Core Theme 2 Unit 3 LESSON 3: Behaviour - In My Shoes</p>
Summer 1	<p>Core Theme 1 Unit 2 LESSON 1: Dental Hygiene - Brushing Up!</p> <p>Core Theme 1 Unit 2 LESSON 2: Dental Hygiene - Bright White</p> <p>Core Theme 1 Unit 2 LESSON 3: Dental Hygiene - Top Teeth</p>
Summer 2	<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>



Year Three Overview

Autumn 1	<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</p>
Autumn 2	<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</p>
Spring 1	<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>
Spring 2	<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</p>
Summer 1	<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 2 LESSON 4: Sleep – Sweet Dreams</p>
Summer 2	<p>Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:Healthy Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places</p>



Year Four Overview

Autumn 1	<p>Core Theme 1 Unit 6 LESSON 4: Online Privacy – It's Personal Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits</p>
Autumn 2	<p>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</p>
Spring 1	<p>Core Theme 1 Unit 3 LESSON 2: A Balanced Diet – Balancing Act 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</p>
Spring 2	<p>Core Theme 1 Unit 5 LESSON 6: Self-Respect – Let's Rock!</p>
Summer 1	<p>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</p>
Summer 2	<p>Core Theme 3 Unit 4 LESSON 1: Money Choices – A Million Dollars Core Theme 3 Unit 4 LESSON 2: Managing Money – Design Choices</p>



Year Five Overview

Autumn 1	<p>Core Theme 3 Unit 1 LESSON 1: Structure – Just Imagine ...</p> <p>Core Theme 3 Unit 1 LESSON 2: Law and Order – In Charge</p> <p>Core Theme 3 Unit 1 LESSON 3: U.N. Rights – Our Rights</p>
Autumn 2	<p>Core Theme 2 Unit 4 LESSON 5: Online Relationships – A Risky Business</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>
Spring 1	<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>
Spring 2	<p>Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional</p> <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>
Summer 1	<p>Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters</p> <p>Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive</p>
Summer 2	<p>Core Theme 1 Unit 5 LESSON 5: Basic First-Aid – First Aids Tips</p>



Year Six Overview

Autumn 1	<p>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</p>
Autumn 2	<p>Core Theme 1 Unit 3 LESSON 3: Setting Goals – ‘Super Futures’ Core Theme 1 Unit 3 LESSON 4: Setting Goals – I Can Do That!</p>
Spring 1	<p>Core Theme 1 Unit 1 LESSON 4: Physical Illness – Blight! Core Theme 1 Unit 1 LESSON 6: Immunisation – One Sharp Scratch</p>
Spring 2	<p>Core Theme 1 Unit 1 LESSON 5: Healthy Minds – Young Minds Core Theme 2 Unit 4 LESSON 4: Mental Wellbeing – Mind Business</p>
Summer 1	<p>Core Theme 2 Unit 4 LESSON 3: Marriage – I Promise... Core Theme 2 Unit 4 LESSON 2: Support and Care - Connections</p>
Summer 2	<p>Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money</p>



Additional materials available:

3D PSHE Sex Education Unit

We use the 3D Sex Education Unit. These lessons will only be taught in Year 6. 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. **In line with government statutory guidance (July 2025) a factual approach to biological sex and gender is taken and teachers must not take a particular view.**

Lesson 1: Forming Relationships

Lesson 2: Sexual Relationships

Lesson 3: Healthy Relationships

Lesson 4: Unhealthy Relationships

Lesson 5: Gender Issues Relationships

3D PSHE Extremism and Radicalisation Unit

We have access to 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 have access to 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.

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](#)

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](#)
- [RSE Statutory Guidance July 2025](#)