

Bowerhill Primary School PSHE overview

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 balanced and broadly-based, promoting the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and preparing pupils at the school for opportunities, responsibilities and experiences of later life.

We use a PSHE Programme - 3D PSHE and Citizenship - through which pupils develop the knowledge, skills and attributes needed to keep themselves healthy and safe, whilst preparing them for life and work.

This policy, provided by Dimensions Curriculum, reflects the 2026 guidance and covers all aspects of Relationships Education and Health and Wellbeing Education in an age-appropriate way.

There are two underlying core areas taught throughout Dimensions 3D PSHE, plus a section on Citizenship. Within these core areas, there is connection, overlap and flexibility :-

Core 1. Health and Wellbeing (shortened to C1 in lesson references)

Core 2. Relationships (shortened to C2 in lesson references)

Citizenship (shortened to CIT in lesson references)

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 on and evaluate how they are making progress.

Pupils will also learn about how to look after their own health and wellbeing through understanding the need for a balanced diet and regular exercise. They will learn about ways to support their own mental health, as well as physical health, through understanding how different emotions can make them feel. Health and Wellbeing links to Relationships, illustrating how positive relationships can influence mental wellbeing, too.

The 3D PSHE and Citizenship Programme provides pupils with the means to handle many of the social, cultural, spiritual, physical and moral issues that occur throughout life.

3D PSHE and Citizenship 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 diverse cultures, in order to build successful and meaningful friendships and relationships that are vital to the world we live in.

Dimensions 3D PSHE and Citizenship 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
- Life online, including wellbeing online, online safety and awareness and media literacy

Relationships Education (Statutory)

The focus of 3D PSHE and Citizenship 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 and Citizenship 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 and Citizenship teaches about families in a well-judged and sensitive way, based on a clear knowledge of the pupils and their circumstances. It reflects the way in which some children have different family structures and supportive relationships.

Pupils also 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 forms of contact, are the forerunners of teaching about consent, which takes place at secondary.

3D PSHE and Citizenship 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 and Citizenship's Relationships 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 and Citizenship, this is achieved through a plethora of exciting and innovative learning experiences.

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 and Citizenship, 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.

All Relationships Education in 3D PSHE and Citizenship is in line with the 2026 RSE guidance.

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 do not need to*** cover any additional content on sex education to meet the needs of our pupils.

However, if there are emerging themes within a particular cohort, we may consider teaching this additional unit. In this instance, we would consult parents about the detailed content of what will be learnt through the 3D Relationships and 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 and we warmly invite open and collaborative discussions around this.

Our 3D Relationships 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.

PSHE Content and Coverage

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

Year One Overview

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| Autumn 1 | CIT Unit 1 Lesson 3: Taking Turns – It’s Your Turn |
| | CIT Unit 1 Lesson 5: Sharing – Share The Booty |
| | Core 1 Unit 5 Lesson 2: Road Safety – Green X Code |
| | Core 2 Unit 4 Lesson 1: Friendship 1 – Friends Together |
| | Core 2 Unit 4 Lesson 4: Family 1 – My Family |
| | Safe Zone Lesson 1: Copyright and Ownership |
| | Safe Zone Lesson 2: Self-Image and Identity |
| Autumn 2 | Core 1 Unit 4 Lesson 2: Happiness – Smile! |
| | Core 1 Unit 4 Lesson 3: Anger – Grrr! |
| | Core 1 Unit 4 Lesson 4: Love – Three Little Words |
| | Core 2 Unit 1 Lesson 1: Opinions – I Think |
| | Core 2 Unit 1 Lesson 2: Co-operation 1 – I Want To Play |
| | CIT Unit 2 Lesson 1: Setting Goals – When I Grow Up... |
| Spring 1 | Core 1 Unit 2 Lesson 1: Healthy Eating 1 – Vote Green |
| | Core 1 Unit 2 Lesson 2: Healthy Eating 2 – Meat Eaters |
| | Core 1 Unit 1 Lesson 2: Physical Activity 2 – Mighty Muscles |
| | Core 1 Unit 1 Lesson 3 Physical Activity 3 – Get Physical |
| | Core 1 Unit 3 Lesson 1: Dental Hygiene 1 – Brushing Up! |
| | Core 1 Unit 3 Lesson 2: Dental Hygiene 2 – Bright White |
| | Safe Zone Lesson 3: Managing Information Online |
| Spring 2 | Core 2 Unit 2 Lesson 1: Bullying – Ugly Duckling |
| | Core 2 Unit 2 Lesson 3: Behaviour 1 – In My Shoes |
| | Core 2 Unit 4 Lesson 4: Kindness – Give A Little |
| | CIT Unit 4 Lesson 1: Our School – Common Goals |
| | CIT Unit 4 Lesson 2: Belonging – Join The Club |
| | Safe Zone Lesson 4: Privacy and Security |
| Summer 1 | CIT Unit 1 Lesson 6: Caring – Talking To Plants |
| | Core 2 Unit 3 Lesson 1: Fairness – It’s Not Fair! |
| | Core 2 Unit 4 Lesson 5: Family 2 – Special People |
| | Core 2 Unit 4 Lesson 6: Staying Safe 1 – Secret Surprise |
| | Core 1 Unit 5 Lesson 1: Sun Safety – It’s A Cover Up! |
| Summer 2 | Core 1 Unit 3 Lesson 5: Keeping Clean 2 – Bath Time! |
| | Core 1 Unit 3 Lesson 6: Similarities and Differences – Boys v Girls |
| | Core 1 Unit 3 Lesson 8: Changing Needs – I Need |
| | CIT Unit 3 Lesson 1: Money 1 – Grows On Trees |
| | CIT Unit 3 Lesson 2: Money 2 – Coining It In |
| | CIT Unit 3 Lesson 3: Money 3 – Keep It Safe |

Year Two Overview

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| Autumn 1 | CIT Unit 1 Lesson 1: Rules and Expectations 1 – Class Charter |
| | CIT Unit 1 Lesson 2: Rules and Expectations 2 – Who’s At Fault? |
| | Core 2 Unit 4 Lesson 2: Friendship 2 – Hola! Bonjour! |
| | Core 2 Unit 4 Lesson 3: Friendship 3 – Share Alike |
| | Core 2 Unit 1 Lesson 3: Co-operation 2 – Let’s Debate |
| | Core 2 Unit 1 Lesson 4: Good Manners – How Rude! |
| | Safe Zone Lesson 1: Self-Image and Identity |

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| Autumn 2 | Core 2 Unit 3 Lesson 2: Comparisons – All The Same |
| | Core 2 Unit 3 Lesson 3 Right and Wrong – In The Right |
| | CIT Unit 1 Lesson 4: Lending / Borrowing – The Borrowers |
| | CIT Unit 2 Lesson 2: Aspirations – It’s A Goal! |
| | Core 1 Unit 4 Lesson 5: Sadness – How To Cope |
| | Core 1 Unit 5 Lesson 4: Fire Safety – Escape Plan |
| | Safe Zone Lesson 2: Online Relationships |

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| Spring 1 | Core 1 Unit 2 Lesson 3: Healthy Eating 3 – What A Load Of Junk! |
| | Core 1 Unit 2 Lesson 4: Healthy Eating 4 – Party Time! |
| | Core 1 Unit 1 Lesson 1: Physical Activity 1 – Workout! |
| | Core 1 Unit 1 Lesson 4: Sleep – Nighty Night |
| | Core 1 Unit 1 Lesson 5: Keeping Healthy – Give It A Boost |
| | Core 1 Unit 5 Lesson 3: Drug Safety – Magic Medicine |
| | Safe Zone Lesson 3: Online Reputation |

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| Spring 2 | Core 1 Unit 3 Lesson 3: Dental Hygiene 3 – Top Teeth |
| | Core 1 Unit 3 Lesson 4: Keeping Clean 1 – Meet Grub |
| | Core 2 Unit 2 Lesson 2: Teasing – That’s Mean |
| | Core 2 Unit 2 Lesson 5: Behaviour 2 – Help Me! |
| | Core 2 Unit 4 Lesson 7: Staying Safe 2 – I Don’t Know You |
| | Safe Zone Lesson 4: Online Bullying |

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| Summer 1 | CIT Unit 4 Lesson 3: Local Citizenship 1 – Our Local Area |
| | CIT Unit 1 Lesson 4: Local Citizenship 2 – Community Care |
| | Core 1 Unit 4 Lesson 1: Emotions – Mood Swings |
| | Core 1 Unit 5 Lesson 5: Emergency Calls - 999 |
| | Safe Zone Lesson 5: Managing Information Online |
| | Safe Zone Lesson 6: Copyright and Ownership |

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| Summer 2 | CIT Unit 3 Lesson 4: Money 4 – Shopping List |
| | CIT Unit 3 Lesson 5: Choices - This Or That |
| | CIT Unit 3 Lesson 6: Enterprise – Dragon’s Den |

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| | Core 1 Unit 3 Lesson 7: Human Body – Body Bits |
| | Safe Zone Lesson 7: Privacy and Security |

Year Three Overview

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| Autumn 1 | Core 2 Unit 1 Lesson 1: Clear Messages - Dot, Dot, Dash |
| | Core 2 Unit 1 Lesson 2: Listening and Responding – I Hear You |
| | Core 2 Unit 4 Lesson 1: Friendship 1 – Best Features |
| | Core 2 Unit 4 Lesson 2: Friendship 2 – Circles Time |
| | Core 2 Unit 4 Lesson 3: Friendship 3 – Falling Out |
| | Safe Zone Lesson 1: Self-Image and Identity |

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| Autumn 2 | Core 1 Unit 1 Lesson 1: Balanced Approach – Define: Healthy |
| | Core 1 Unit 1 Lesson 2: Physical Exercise – Active Kids |
| | Core 1 Unit 1 Lesson 3: Lifestyle Choices – It’s Your Choice |
| | Core 1 Unit 2 Lesson 1: Balanced Diet 1 – Plant or Animal |
| | Core 1 Unit 2 Lesson 2: Balanced Diet 2 – Balancing Act |
| | Core 1 Unit 1 Lesson 4: Sleep – Sweet Dreams |
| | Safe Zone Lesson 2.1: Online Relationships |
| | Safe Zone Lesson 2.2: Online Bullying |

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| Spring 1 | Core 2 Unit 3 Lesson 1: Connections – Paper Chains |
| | Core 2 Unit 3 Lesson 2: Family Links – Family Tree |
| | Core 2 Unit 3 Lesson 6: Self Respect – Let’s R.O.C.K |
| | CIT Unit 2 Lesson 1: Identified Strengths 1 – I’m Good At That |
| | CIT Unit 2 Lesson 2: Identified Strengths 2 – Future Me |
| | Safe Zone Lesson 3: Online Reputation/Managing Information Online |

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| Spring 2 | Core 1 Unit 4 Lesson 1: Loss/Separation 1 – Lost! |
| | Core 1 Unit 4 Lesson 2: Loss/Separation 2 – Found! |
| | Core 2 Unit 2 Lesson 1: Reactions – Frustration! |
| | Core 2 Unit 2 Lesson 2: Self Worth – I’m A Marvel |
| | Safe Zone Lesson 4: Health, Wellbeing and Lifestyle |
| | Safe Zone Lesson 5: Privacy and Security |

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| Summer 1 | Core 1 Unit 3 Lesson 1: Before Puberty – You’ve Grown |
| | Core 1 Unit 3 Lesson 2: Keeping Clean – Squeaky Clean |
| | Core 1 Unit 5 Lesson 3: Illness Prevention – Aaachooo! |
| | Core 2 Unit 3 Lesson 4: Religious Views 1 - Faith Findings |
| | CIT Unit 1 Lesson 1: Rules – I’m In Charge |
| | Safe Zone Lesson 6 – Copyright and Ownership |

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| Summer 2 | Core 1 Unit 5 Lesson 1: Sun Safety – Too Hot |
| | Core 1 Unit 5 Lesson 2: Beach Safety – Follow The Flags |
| | CIT Unit 1 Lesson 2: Thinking Ahead – Lesson Planning |

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| | CIT Unit 1 Lesson 3: Taking The Lead – Learning Time |
| | CIT Unit 4 Lesson 1: Working Together 1 – Name Game |
| | CIT Unit 4 Lesson 2: Working Together 2 – Build It Up |
| | CIT Unit 4 Lesson 3: Shared Goals – Better Places |

Year Four Overview

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| Autumn 1 | Core 2 Unit 1 Lesson 3: Expressing Opinions – It's Debatable |
| | Core 2 Unit 1 Lesson 4: Privacy – The Secrets Jar |
| | Core 2 Unit 4 Lesson 4: Friendship 4 – The BAFAs |
| | Core 2 Unit 4 Lesson 5: Boundaries – Don't Push It |
| | Core 2 Unit 4 Lesson 6: Trusting Strangers – Safe Strangers |
| | Safe Zone Lesson 1: Online Relationships and Bullying |

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| Autumn 2 | Core 1 Unit 2 Lesson 3: Working With Food 1 – Master Chef |
| | Core 1 Unit 2 Lesson 4: Working With Food 2 – Picnic Preparations |
| | Core 1 Unit 1 Lesson 5: Physical, Emotional and Mental 1 – I Am Who I Am |
| | Core 1 Unit 1 Lesson 6: Physical, Emotional and Mental 2 – Hearts and Minds |
| | Core 1 Unit 4 Lesson 4: Feelings 1 – Overreacting |
| | Core 1 Unit 4 Lesson 5: Feelings 2 – Left Out |
| Safe Zone Lesson 2: Health, Wellbeing and Lifestyle | |

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| Spring 1 | Core 2 Unit 2 Lesson 3: Persistence and Resilience – Don't Give Up! |
| | Core 2 Unit 2 Lesson 4: Negative Persistence – Over And Over |
| | CIT Unit 2 Lesson 3: Setting Goals 1 – That's My Goal |
| | CIT Unit 2 Lesson 4: Setting Goals 2 – The Impossible Dream |
| | Safe Zone Lesson 3: Online Reputation/Managing Information Online |

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| Spring 2 | Core 2 Unit 3 Lesson 3: Family Changes – Two Homes |
| | Core 2 Unit 3 Lesson 5: Religious Views 2 – Inside Outside |
| | Core 2 Unit 3 Lesson 7: Gender Stereotypes – His And Hers |
| | Core 2 Unit 3 Lesson 8: Racial Discrimination – Coming To England |
| | Safe Zone Lesson 4: Self-Image and Identity |

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| Summer 1 | CIT Unit 3 Lesson 1: Money Choices – A Million Dollars |
| | CIT Unit 3 Lesson 2: Spending – Ping! |
| | CIT Unit 5 Lesson 3: Managing Money 1 – It's A Gamble |
| | CIT Unit 3 Lesson 4: Managing Money 2 – Design Choices |
| | CIT Unit 4 Lesson 4: Different Communities – My Community |
| | CIT Unit 4 Lesson 5: School Communities – School Swap |
| Safe Zone Lesson 5: Copyright and Ownership | |

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| Summer 2 | Core 1 Unit 5 Lesson 4: First Aid – Home Hospital |
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| | Core 1 Unit 5 Lesson 5: Drug Safety – My Medicine |
| | Core 1 Unit 3 Lesson 3: Changing Bodies – Everyone Changes |
| | Core 1 Unit 3 Lesson 4: Menstrual Cycle – Every Month |
| | Safe Zone Lesson 6: Privacy and Security |

Year Five Overview

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| Autumn 1 | CIT Unit 1 Lesson 1: Structure – Just Imagine... |
| | CIT Unit 1 Lesson 2: Law and Order – In Charge |
| | CIT Unit 1 Lesson 3: U.N. Rights – Our Rights |
| | Core 1 Unit 5 Lesson 1: Fire Safety – Fire Risk |
| | Core 1 Unit 5 Lesson 4: First Aid 1 – Rapid Response |
| | Safe Zone Lesson 1: Privacy and Security |

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| Autumn 2 | Core 2 Unit 4 Lesson 1: Physical Contact – Touch Sensitive |
| | Core 2 Unit 4 Lesson 2: Support and Care – Connections |
| | Core 1 Unit 4 Lesson 1: Death and Grief 1 – It’s Natural |
| | Core 1 Unit 4 Lesson 2: Death and Grief 2 – Poppies |
| | Core 2 Unit 3 Lesson 4: Culture 1 – Cultural Feast |
| | Safe Zone Lesson 2: Self-Image and Identity |

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| Spring 1 | Core 1 Unit 1 Lesson 1: Healthy Lifestyles – You Choose |
| | Core 1 Unit 1 Lesson 4: Healthy Minds 1 – I Feel Happy! |
| | Core 1 Unit 1 Lesson 6: Physical, Emotional and Mental – 3 Dimensional |
| | Core 1 Unit 5 Lesson 6: Medicine and Drugs – Just Say No! |
| | Core 1 Unit 5 Lesson 8: Alcohol – Drink Aware |
| | Safe Zone Lesson 3: Online Reputation/Managing Information Online |

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| Spring 2 | Core 2 Unit 1 Lesson 1: Confidentiality – Secret Info |
| | Core 2 Unit 1 Lesson 2: Listening 1 – I’m All Ears |
| | Core 2 Unit 2 Lesson 1: Teamwork 1 – Scrabble |
| | Core 2 Unit 2 Lesson 2: Teamwork 2 – The Puzzler |
| | CIT Unit 2 Lesson 1: Identified Strengths 1 – Big Dreams |
| | Safe Zone Lesson 4: Health, Wellbeing and Lifestyle |

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| Summer 1 | Core 1 Unit 2 Lesson 1: Food Choices 1 – A Good Balance |
| | Core 1 Unit 2 Lesson 2: Food Choices 2 – Breakfast Club |
| | Core 1 Unit 2 Lesson 3: Food Choices 3 – A Healthy Relationship |
| | Core 2 Unit 3 Lesson 3: Disabilities – Equal Bodies |
| | Core 1 Unit 5 Lesson 2: Water Safety - Water Wise |
| | Safe Zone Lesson 5: Copyright and Ownership |

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| Summer 2 | Core 2 Unit 3 Lesson 1: Race and Ethnicity 1 – Unity Matters |
| | CIT Unit 4 Lesson 1: Diverse Communities – Welcome! |
| | CIT Unit 4 Lesson 2: Shared Goals – It’s All Go |
| | CIT Unit 3 Lesson 1: Budgeting – Money Supermarket |

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| | CIT Unit 3 Lesson 4: Generating Income 1 – Making Money |
| | CIT Unit 3 Lesson 6: Online Spending 1 – App Trap |
| | Safe Zone Lesson 6: Online Relationships and Bullying |
| | <i>Optional Unit – Substance Related Abuse</i> |

Year Six Overview

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| Autumn 1 | CIT Unit 2 Lesson 2: Identified Strengths 2 – Big Achievers |
| | CIT Unit 2 Lesson 3: Setting Goals 1 – Super Futures |
| | CIT Unit 2 Lesson 4: Setting Goals 2 – I Can Do That |
| | Core 1 Unit 5 Lesson 3: Transport Safety – Tracks and Tarmac |
| | Core 1 Unit 5 Lesson 5: First Aid 2 – First Aid Smart |
| | Safe Zone Lesson 1: Online Reputation/Managing Information Online |

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| Autumn 2 | Core 2 Unit 3 Lesson 2: Race and Ethnicity 2 – Equal Voices |
| | Core 2 Unit 3 Lesson 5: Gender Stereotypes – Jobs 4 All |
| | Core 2 Unit 3 Lesson 6: Culture 2 – Support Squad |
| | CIT Unit 4 Lesson 3: Community Event – We’re Cultured |
| | CIT Unit 4 Lesson 4: Disabilities – Super Powers |
| Safe Zone Lesson 2: Online Relationships and Bullying | |

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| Spring 1 | Core 1 Unit 1 Lesson 2: Physical Illness – Bleugh! |
| | Core 1 Unit 1 Lesson 3: Immunisation – One Sharp Scratch |
| | Core 1 Unit 1 Lesson 5: Healthy Minds 2 – Young Minds |
| | Core 1 Unit 1 Lesson 7: Sleep – The Bed Bank |
| | Core 1 Unit 3 Lesson 2: Keeping Clean – Feeling Fresh |
| | Safe Zone Lesson 3: Self-Image and Identity |

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| Spring 2 | Core 2 Unit 1 Lesson 3: Listening 2 – Agree To Disagree |
| | Core 2 Unit 1 Lesson 4: Responding – Scenarios |
| | Core 2 Unit 2 Lesson 3: Teamwork 3 – The Boss |
| | Core 2 Unit 4 Lesson 3: Marriage – I Promise |
| | Core 2 Unit 4 Lesson 4: Managing Conflict – Families At War |
| | Safe Zone Lesson 4: Healthy, Wellbeing and Lifestyle |
| | <i>Optional Unit – Tough Topics Lesson 1 and 2</i> |

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| Summer 1 | CIT Unit 3 Lesson 2: Consumer Sense 1 – Payment Terms |
| | CIT Unit 3 Lesson 3: Consumer Sense 2 – Class Catalogue |
| | CIT Unit 3 Lesson 5: Generating Oncome 2 – Raising Money |
| | CIT Unit 3 Lesson 7: Online Spending 2 – ‘Appy Banking |
| | Safe Zone Lesson 5: Privacy and Security |
| | <i>Optional Unit – Tough Topics Lesson 3-5</i> |

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| Summer 2 | Core 1 Unit 2 Lesson 1: Cooking 1 – Invention Team |
| | Core 1 Unit 2 Lesson 2: Cooking 2 – Michelin Stars |

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| | Core 1 Unit 5 Lesson 7: Tobacco and Vaping – Up In Smoke |
| | Core 1 Unit 5 Lesson 9: Substance Abuse – Let’s Be Frank |
| | Core 1 Unit 3 Lesson 1: Changing Bodies – What’s Puberty? |
| | Core 1 Unit 3 Lesson 3: The Menstrual Cycle – Fact Or Fiction? |
| | Safe Zone Lesson 6: Copyright and Ownership |
| | <i>Optional Unit – Sex and Relationships</i> |

3D PSHE and Citizenship Sex Education Unit

We use the 3D Relationships and 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.