



# Atlantic Academy Portland

an Aspirations Academy

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Dear Parent / Carer

## **RE: Primary PSHE**

At Atlantic Academy, we promote our children's wellbeing and personal development through a comprehensive and thorough programme of Personal, Social and Health Education (PSHE) which provides our students with the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives.

I have attached our yearly overview of PSHE from Reception through to Year 6. Highlighted in orange are lessons which cover puberty and sex. I am sharing this with you to invite any feedback or answer any questions. Please contact myself (Miss Powell) using the [contact form](#), addressing your message to me, ahead of delivering this content. I am able to share full lesson plans upon request.

The Department for Education has guidance for the Relationships area of the curriculum and it is compulsory for Relationships and Sex Education (RSE) to be taught in all Primary and Secondary schools. It is worth noting that, "There is no right to withdraw from Relationships Education at primary or secondary as we believe the contents of these subjects - such as family, friendships, safety (including online safety) are important for all children to be taught" (DFE,2020).

We continually review our PSHE curriculum and policy in order to ensure that our provision is appropriate and meets the needs of all of our children in respect to their age, physical and emotional maturity, religious and cultural backgrounds, and special educational needs and/or disabilities; adjustments can and are made where appropriate.

In response to pupil voice feedback, **Year 4 have requested moving their lesson 'Preparing for changes at puberty (formerly Period positive/preparing for periods)' to this half term.** Please contact me directly on, [epowell@atlantic-aspirations.org](mailto:epowell@atlantic-aspirations.org) before 12pm Friday 20th January if you have any queries around this. Once again, all lesson content can be shared.

Delivery of PSHE at Atlantic will always be age-appropriate and designed to meet the needs of all the young people in every class. The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships.

Yours sincerely,

Miss Powell  
PSHE Lead Primary



LOGIN_epowell@atlantic-aspirations.org Password : PSHERocks!		Year R	Year 1	Year 2		Year 3	Year 4	Year 5	Year 6		
<b>Term One</b>	Me and my Relationships	Make healthy choices about food, drink, activity and toothbrushing.	Why we have classroom rules	Our ideal classroom (1)	<b>Term One</b>	Me and my Relationships	As a rule	Human machines	Collaboration Challenge!	Working together	
			How are you listening?	How are you feeling today?			Looking after our special people	Ok or not ok? (part 1)	Give and take	Solve the friendship problem	
			Thinking about feelings	Let's all be happy!			How can we solve this problem?	Ok or not ok? (part 2)	How good a friend are you?	Behave yourself	
			Our feelings	Being a good friend			Friends are special	An email from Harold!	Relationship cake recipe	Assertiveness skills (formerly Behave yourself - 2)	
			Feelings and bodies	Types of bullying			Thanks	Different feelings	Our emotional needs	Don't force me	
			Good friends	Don't do that!			Dan's dare	Under pressure	Being assertive	Acting appropriately	
	Half term					Half term					
	Valuing Difference	See themselves as a valuable individual.	Same or different?	What makes us who we are?		Valuing Difference	Respect and challenge	Can you sort it?	Qualities of friendship	OK to be different	
			Unkind, tease or bully?	My special people			Family and friends	What would I do?	Kind conversations	We have more in common than not	
			Harold's school rules	How do we make others feel?			My community	The people we share our world with	Happy being me	Respecting differences	
It's not fair!			When someone is feeling left out	Our friends and neighbours	That is such a stereotype!		The land of the Red People	Tolerance and respect for others			
Who are our special people?			An act of kindness	Let's celebrate our differences	Friend or acquaintance?		Is it true?	Advertising friendships!			
Our special people balloons			Solve the problem	Zeb	Islands		Stop, start, stereotypes	Boys will be boys? - challenging gender stereotypes			
Christmas				Christmas							
<b>Term Two</b>	Keeping Safe	Express their feelings and consider the feelings of others. Build constructive and respectful relationships.	Super sleep	Harold's picnic	<b>Term Two</b>	Keeping Safe	Safe or unsafe?	Danger, risk or hazard?	Spot bullying	Think before you click!	
			Who can help? (1)	How safe would you feel?			Danger or risk?	How dare you!	Play, like, share	To share or not to share!	
			Good or bad touches?	What should Harold say?			The Risk robot	Keeping ourselves safe	Decision dilemmas	Rat Park	
			Sharing pictures	I don't like that!			Super Searcher	Raisin challenge (2)	Ella's diary dilemma	What sort of drug is...?	
			What could Harold do?	Fun or not?			Help or harm?	Picture wise	Vaping: healthy or unhealthy?	Drugs: it's the law!	
			Harold loses Geoffrey	Should I tell?			Alcohol and cigarettes: the facts	Medicines: check the label	Would you risk it?	Alcohol: what is normal?	
	Half term					Half term					
	Rights and Respect	Think about the perspectives of others. Identify and moderate their own feelings socially and emotionally. Show resilience and perseverance in the face of challenge.	Harold has a bad day	Getting on with others		Rights and Respect	Helping each other to stay safe	Who helps us stay healthy and safe?	What's the story?	Two sides to every story	
			Around and about the school	When I feel like erupting			Recount task	It's your right	Fact or opinion?	Fakebook friends	
			Taking care of something	Feeling safe			Our helpful volunteers	How do we make a difference?	Mo makes a difference	What's it worth?	
Harold's money			Playing games	Can Harold afford it?	In the news!		Rights, respect and duties	Democracy in Britain 1 - Elections			
How should we look after our money?			Harold saves for something special	Earning money	Safety in numbers		Spending wisely	Democracy in Britain 2 - How (most) laws are made			
				Careers Lesson	Careers Lesson		Careers Lesson	Careers Lesson	Careers Lesson	Careers Lesson	
Easter				Easter							
<b>Term Three</b>	Being my best	Manage their own needs. • Personal hygiene	I can eat a rainbow	You can do it!	<b>Term Three</b>	Being my best	Derek cooks dinner! (healthy eating)	What makes me ME!	It all adds up!	This will be your life!	
			Eat well	My day			Poorly Harold	Making choices	Different skills	Our recommendations	
			Harold's wash and brush up	Harold's postcard - helping us to keep clean and healthy			Body team work	SCARF hotel	My school community (2)	What's the risk? (1)	
			Catch it! Bin it! Kill it!	Harold's bathroom			For or against?	Harold's Seven Rs	Independence and responsibility	What's the risk? (2)	
			Harold learns to ride his bike	What does my body do?			I am fantastic!	My school community (1)	Star qualities?	Basic first aid, including Sepsis Awareness	
							Careers Lesson	Careers Lesson	Careers Lesson	Careers Lesson	
	Half term					Half term					
	Growing and Changing	Know and talk about the different factors that support their overall health and wellbeing: • regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian	Healthy me	A helping hand		Growing and Changing	Relationship tree	Moving house	How are they feeling?	I look great!	
			Then and now	Sam moves away			Body space	My feelings are all over the place!	Taking notice of our feelings	Media manipulation	
			Taking care of a baby	Haven't you grown!			None of your business!	All change!	Dear Ash	Pressure online	
Who can help? (2)			My body, your body	Secret or surprise?	Preparing for changes at puberty (formerly Period positive/preparing for periods)		Growing up and changing bodies	Helpful or unhelpful? Managing change			
Surprises and secrets			Respecting privacy	My changing body	Secret or surprise?		Changing bodies and feelings	Is this normal?			
Keeping privates private			Some secrets should never be kept	Basic first aid	Together		Help! I'm a teenager - get me out of here!	Making babies			
Careers Lesson		Careers Lesson		Careers Lesson		Careers Lesson		Careers Lesson			