Atlantic Academy Portland
an Aspirations Academy

Miss Heppell - Principal Type to enter text
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Maritime House
Southwell Business Park
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4th September 2026

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. I am sharing this with you to invite any feedback or answer any questions. Please contact myself (Ms Powell) using this contact form, addressing your message to me, ahead of content being delivered. 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that, "*Parents do not have the right to withdraw their pupils from relationships and health education, nor can they be withdrawn from topics taught as part of the science curriculum, including science topics related to puberty or sexual reproduction*" (DFE, 2025). Further information can be found on the statutory guidance here.

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.

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 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 faithfully,

Ms Powell
Chesil Head of House (Lower School)

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		Year R	Year 1	Year 2			Year 3	Year 4	Year 5	Year 6
Term One	Me and my Relationships	Make healthy choices about food, drink, activity and toothbrushing.	Diversity Week		Term One	Me and my Relationships	Diversity Week			
			Why we have classroom rules	Our ideal classroom (1)			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			Thunks	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			
	Valueing Difference	See themselves as a valuable individual.	Same or different?	What makes us who we are?		Valueing 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			
Term Two	Keeping Safe	Express their feelings and consider the feelings of others. Build constructive and respectful relationships.	Healthy Living Week		Term Two	Keeping Safe	Healthy Living Week			
			Super sleep	Harold's picnic			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.	Science Week			Rights and Respect	Science Week			I look great!
			Harold has a bad day	Getting on with others			Helping each other to stay safe	Who helps us stay healthy and safe?	What's the story?	Media manipulation
			Around and about the school	When I feel like erupting			Recount task	It's your right	Fact or opinion?	Pressure online
			Taking care of something	Feeling safe			Our helpful volunteers	How do we make a difference?	Mo makes a difference	Helpful or unhelpful? Managing change
			Harold's money	Playing games			Can Harold afford it?	In the news!	Rights, respect and duties	Is this normal?
			How should we look after our money?	Harold saves for something special			Earning money	Safety in numbers	Spending wisely	Making babies
		Easter					Easter			
Term Three	Being my best	Manage their own needs. • Personal hygiene	I can eat a rainbow	You can do it!	Term Three	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
		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?	Two sides to every story
			Then and now	Sam moves away			Body space	My feelings are all over the place!	Taking notice of our feelings	Fakebook friends
			Taking care of a baby	Haven't you grown!			None of your business!	All change!	Dear Ash	What's it worth?
			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	Democracy in Britain 1 - Elections
			Surprises and secrets	Respecting privacy			My changing body	Secret or surprise?	Changing bodies and feelings	Democracy in Britain 2 - How (most) laws are made
			Keeping privates private	Some secrets should never be kept			Basic first aid	Together	Help! I'm a teenager - get me out of here!	

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