

# Dixie Grammar School 3-18 Long Term PSD Plan (includes RSE, Citizenship & Careers Education)

The Pink font is RSE and the Green font is Careers Education and the Black font is PSHE and Citizenship.

*(Please note: This is a dynamic working document and things will change)*

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	I belong (all about me) It's good to share	Super Me	Fabulous Friends My marvellous mind	How I feel	Look what I can do Yes I can!	Changing me
<b>Year 1</b>	Baseline - what good choices do I make (with friends, family, at home/health etc.)  TEAM Listening Kindness Bullying and teasing Brilliant brains Making good choices	Baseline - What are my star qualities?  Star qualities Positive learners Bright futures Jobs for all Going for goals Looking forward	Baseline - what do I know about money, class mind map.  Money Keep it safe Save or spend Want or need Look after it Going shopping	Baseline - Where do I belong?  My school My community My neighbourhood My country British people Being British	Baseline - What are feelings/discussion?  Marvellous Me Feelings Things I like Uncomfortable feelings Changes Speak up	Baseline - how do I stay healthy?  External resource - NSPCC 'pants' underwear rule My body, My business Active and asleep Happy healthy food Clean as a whistle Can I eat it I can choose
<b>Year 2</b>	Baseline activity - Timeline of Me, Draw and label.  Our bodies Is it OK? Pink and blue Look at me now Getting older changes  <a href="#">External video link - Kids talk about the difference between boys and girls.</a>	Baseline activity - Discuss what rights do you have? What does fair and unfair mean? (Class mind map)  Our rights Protecting our rights Respecting others Is it fair? Everybody's different Taking part	Baseline activity - Draw 'my community' poster (include what's below) to add to at the end  Families (including different types) Homes Schools Environments Resources Planet protectors	Baseline activity - Draw your VIP's, sentence, why are they important to you? (add info on the last 3 at the end)  Who are your VIP's? Families (inc different types) Friends Falling out Working together Show you care	Baseline activity - What makes me feel..... (use simple feelings wheel to extend vocab)  Think happy feel happy It's your choice Go getters Let it out Be thankful Be mindful  <a href="#">You are not your thoughts</a>	Baseline activity - Create 1 minute TV advert/talk on how to keep themselves safe in different situations.  Keeping safe Staying safe at home Staying safe outside <a href="#">(Staying safe online CEOP's thinkuknow resource NB</a> Not supposed to be taught until Y3) The underwear rule <a href="#">External resource - NSPCC 'pants' underwear rule</a> People who can help
<b>Year 3</b>	Baseline - What makes a good team?	Baseline - Draw myself when I'm a grown up.	Baseline - Timeline (to annotate at the end)	Baseline - What I like about living here?	Baseline - 10 feelings, draw what makes you feel that	Baseline - How can you keep yourself healthy?

	<p>A new start Together everyone achieves more Working together Being considerate When things go wrong responsibilities</p>	<p>Achievements Goals Always learning Jobs and skills External speaker? careers/parent No limit When I grow up</p>	<p>Where does money come from Ways to pay Lending and borrowing Priorities Advertising Keeping track</p> <p><a href="https://natwest.mymoneywise.com/teachers/resources-5-8s/">https://natwest.mymoneywise.com/teachers/resources-5-8s/</a></p>	<p>Living in Britain Democracy Rules, laws and responsibilities Liberty Tolerance and respect What does it mean to be British?</p>	<p>way, what feelings are difficult?  Be yourself Feelings Express yourself Know your mind Media wise Making it right</p>	<p>My body, my choice External resource - NSPCC 'pants' underwear rule Fit as a fiddle Good night, good day Cough splutter sneeze drugs - healing or harmful Choices everywhere</p>
<b>Year 4</b>	<p>(Only if age appropriate, could leave till Y5) Human reproduction Changes in boys Changes in girls Changes in girl and boys Relationships in families Where do I come from?</p> <p>Alternative topic on keeping healthy. (resources in growing up folder on teeth, food and sleep)</p>	<p>Baseline - what do you have a right to in school?</p> <p>Rights Are all rights equal? Rules Right's without responsibilities Respecting rights Are we so different? External resource - Amnesty international lesson plans (see folder)</p>	<p>Baseline - Discussion - Is the world fair for everyone? (write down their ideas)</p> <p>Chiwa and Kwende Chiwa's dilemma Chiwa's dilemma 2 Chiwa's sugar Chiwa's world Charity for Chiwa</p> <p>(link with fair trade topic)</p>	<p>Baseline - Draw and label a good friend</p> <p>Making friends Staying friends Is this a good friend? Falling out Bullying Anti-bullying</p>	<p>Baseline - What makes you happy? How many different feelings are there?</p> <p>Happy minds, happy people Thoughts and feelings Changes Keep calm and relax You're the boss Always learning</p>	<p>Baseline - How can you stay safe online/roads/home/beach.</p> <p>New responsibilities Risks, hazards and danger Under pressure Road Safety Dangerous substances Stay safe online</p>
<b>Year 5</b>	Pos Ed & theraplay run by an external provider runs through year 5 - it focuses on Mental health and wellbeing.					
	<p>Mind map - what you already know TEAM Communicate, Collaborate, Compromise, Care Shared values Shared responsibilities Caring for each other Dealing with grief and loss Assessment - Song about teamwork at Dixie.</p>	<p>Baseline - Future questions</p> <p>You can do anything Breaking down barriers Future focus Equal opportunities Innovation and enterprise Onwards and upwards</p>	<p>Baseline - Using these headings, what do you already know?</p> <p>Look after it Critical consumers Value for money Budgeting Borrowing and saving Money in the wider world</p>	<p>Baseline - Diversity activity. What makes us British?</p> <p>Government and British values Identities Diversity in football Communities Diversity in families Diversity in relationships</p>	<p>Baseline - Feelings wheel, which are good feelings, difficult feelings, what makes you feel this way?</p> <p>You're unique Let it out Uncomfortable feelings The confidence trick Do the right thing Making amends</p>	<p>Baseline - timeline, what do you already know?</p> <p>Your body is your own Sleep well Taking care of our changing bodies/puberty sessions Harmful substances How we think and feel</p>

Year 6 themes and objectives carry on from year 2/4 to ensure transition.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 6</b>	<p>What is PSD? You and your brain Thoughts/behaviour and emotions. Emotional regulation How big is the problem? Naming emotions, difficult emotions, mixed emotions, empathy</p> <p>(Inside out - emotional regulation/alternative idea from Sept 25)</p>	<p><b>What is Risk? Healthy risk taking</b> <b>Online safety</b> <b>Using Social Media</b> <b>Positive digital footprint.</b> <b>Bullying / Cyber Bullying?</b> <b>Road Safety</b> <b>Water Safety including cold water shock</b> <b>Railway Safety</b></p> <p>(warning zone - trip)</p>	<p>Global Citizens project (impact the community/planet in some way) Positive news....</p> <p>Global society Diversity Stereotypes Discrimination Our decisions/our future.</p>	<p><b>Careers - What are personal skills &amp; qualities</b> <b>My Key Skills - My Future</b> <b>The link between hobbies and careers</b> <b>The link between passions, skills and job choices.</b> <b>A day in the life</b></p>	<p>Healthy Eating Exercise The benefits of Sleep Dental Hygiene</p> <p><b><u>Puberty afternoon (off timetable during exams week)</u></b></p>	<p>How can I pay? How can I keep money safe? Link between jobs and money Budgeting</p>

## Secondary Curriculum For PSHE, Citizenship, RSE and Careers

<b>Year 7</b>	<p>Know Your Rights &amp; British values Do Human Rights Apply to Everyone? Are Everyone's Rights Met? Are You Rights Respecting? Human Rights Heroes</p>	<p><b>What is a Respectful Relationship? Different types of committed stable relationships</b> <b>Single parent families</b> <b>Same Sex families</b> <b>Marriage – role and purpose, and legal status</b> <b>The roles and responsibilities of parents</b> <b>Characteristics of successful parenting</b></p>	<p><b>Appearances and Ideals</b> <b>Media Messages</b> <b>Confronting Comparisons</b> <b>Healthy habits/eating/exercise</b> <b>personal hygiene/sleep</b> <b>Mental health</b></p>	<p>Careers/Money Spending &amp; saving decisions Budgeting Getting a job Cost of living Critical consumers</p>	<p><b>Community and cohesion</b> <b>Charity</b> <b>What is Enterprise?</b> <b>Enterprise activity: Plan and run a charity event</b></p>	<p><b>Self Respect</b> <b>Respect for others G/B</b> <b>Friendships and self esteem</b> <b>Personal beliefs and boundaries</b> <b>Online bullying &amp; friendships</b> <b>Grief and loneliness the importance of friendship</b> <b>Girls on board resource</b> <b>Plan resources for 2026</b> <b><u>Puberty (drop down afternoon - targeted at students new to Y7)</u></b></p>
<b>Year 8</b>	<p><b>Careers - Making Decisions Options &amp; Pathways Qualification &amp; Pathways Skills &amp;</b></p>	<p><b>Characteristics of healthy relationships Online/offline Relationships differences</b></p>	<p>An Introduction to legal Drugs: Alcohol, Caffeine, Tobacco and Vaping.</p>	<p>What are stereotypes? Where do they come from, how do they develop?</p>	<p>Money How to open a bank account and read a statement.</p>	<p>The differences between the online world and physical world including: body image, body</p>

	Qualities Revisited Career Interests & Jobs Labour Market Information  (first aid day)	Grooming and harassment and how to seek advice. Digital literacy Where to find support and report content. The law - CEOPS.	Personal Hygiene- germs including bacteria, viruses, how they are spread, treatment and prevention, and antibiotics. Science relating to health conditions, immunisations and vaccination - covered in Science	Different types of stereotype (sex, gender, race, religion, sexual orientation or disability) The damage caused by stereotypes and how to prevent them. Cyberbullying and social media Nudes & consequences Consent	How to track your finances The importance of saving Good and bad debt Bank cards	shaming and media pressure. My amazing body What is a healthy body? Messages & motivations.
Year 9	Laws and the justice system Youth Crime What happens to young offenders Knife Crime Police interview	Peer on peer abuse Sexual harassment Gender roles Misogyny Where to find help? Managing Peer Pressure: County lines and Gang Culture	Illegal substances - with a focus on Cannabis and alcohol. Illegal online behaviours Sextortion Where to get help?	Managing Money: How do we use money wisely? Borrowing Money Are you a saver or a spender? What's the best way to pay for things? Being a clever consumer	Options at KS4 Skills Labour market  (careers day w JL, apprentice style event?)	Teenage Pregnancy Romantic Relationships - characteristics of a positive relationship Capacity to Consent Sexual Intercourse Preventing STI's Contraception (Subjects above & Pornography/body and brain are covered again during RSE day during Y10 summer term)
Year 10	Careers: Options at 16/18 Different Career Paths including Apprenticeship; Employment Rights; the link between employment and financial management.	Recap- British Values British values in practise - positive news articles & community link. Democracy and freedom Rule of Law Politics - right and left wing ideals.	Mental health conditions Building resilience Sleep & exercise Suicide prevention	Addictions and Gambling – what is it? What forms does it take? The risks related to online gambling including the accumulation of debt. What to do about debt.	The Power of Media Manipulation and misinformation: spreading of lies, AI, deepfakes Keeping well informed, ways of fact checking Political awareness Jo-Jo Rabbit	Diversity in relationships LGBTQIA+ Sexual relationships Domestic abuse Conflict resolution & break ups, ending relationships well. Grooming and stalking
Year 11	Unifrog FC- Post 16 Options - CV Writing. Making Applications; Writing a Personal Statement; and covering letter.	Tackling relationship Abuse - consent & power dynamics, how can you be sure, rape and sexual harassment, pornography, Incels Unhealthy relationships &	Fertility and IVF including facts about reproductive health, STI's recap, HIV Aids, miscarriage and menopause.	Student led content..... Alcohol, drugs, positive sexual relationships. Independence - Financial - understanding Payslips, Tax, bank accounts, debt, credit cards etc.	Study Leave	

	External visit/Parent to talk about CV's Retrieval practise  1 week of revision	Grooming, county lines, human trafficking Forced marriage, honour-based violence and FGM.  2 weeks of revision + 2 weeks of mocks				
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