



3D PSHE
& Citizenship
Dimensions Curriculum



Implementing
3D PSHE & Citizenship



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Introduction

3D PSHE and Citizenship aligns with the statutory requirements for Relationships Education, Relationships and Sex Education (RSE), and Health Education (July 2025) in preparation for implementation in September 2026.

Planning and Resources

Our full Primary 3D PSHE and Citizenship programme supports learning from Nursery all the way through to Upper Key Stage 2. Each phase comes with complete lesson plans and all the digital resources you need to teach them, making planning and teaching simple and stress-free. Plus, we provide a ready-to-use policy document that you can easily tailor to your school's needs.

Teacher Support

Helpful guidance notes and regular updates mean you can be confident that your curriculum meets statutory requirements.

Inclusivity

Our teaching approaches are designed to be adaptable for SEND learners and embrace diverse backgrounds, helping every child to feel included, valued, and able to participate fully.

Adaptive Assistant

Our friendly AI assistant is here to help you tweak lessons and resources, so they can be tailored even further to meet the needs of your pupils and schools perfectly.

The Three Core Areas Are Broken Down...

Statutory Core Areas

Core 1 – Health and Wellbeing

Core 2 – Relationships

And Citizenship

Each area is further subdivided into units.

Structure

The three key areas are broken down into smaller units. Throughout the documentation, you will see coding for each Lesson within these units.

For example, lesson 2 in Unit 3 (Hygiene, Growing and Changing) in Core 1 (Health and Wellbeing) will be coded as: - C1U3L2.



**Health and
Wellbeing**



Relationships



Citizenship

Health and Wellbeing

Unit 1 - Healthy Lifestyles

Unit 2 - Nutrition and Food

Unit 3 - Hygiene, Growing and Changing

Unit 4 - Emotions

Unit 5 - Keeping Safe

Unit 6 - Safe Zone - Wellbeing Online

Relationships

Unit 1 - Communication

Unit 2 - Bullying/Collaboration

Unit 3 - Respecting Self and Others

Unit 4 - Healthy Relationships

Unit 5 - Safe Zone - Online Safety & Awareness

Citizenship

Unit 1 - Rules and Responsibilities

Unit 2 - Aspirations

Unit 3 - Money and Finance

Unit 4 - Communities

Unit 5 - Safe Zone - Media Literacy

Unit 6 - Climate Education (Coming Soon)

Citizenship

Citizenship will become statutory in September 2028, following the Curriculum and Assessment Review.

3D PSHE and Citizenship already recognizes Citizenship is more than knowing the rules, it's about understanding how we live and work together. Children explore rules, rights, democracy, respect and responsibility firsthand.

More lessons are continually being added to ensure these lessons are relevant and reflect the current changes in society.

The Big Picture Documents

1. Policy Document

There is a draft policy document in the resources area which can be adapted to meet the needs of your school community.

Policy Document - [DIMENSIONS-3D-PSHE-POLICY-DOCUMENT.docx](#)

Core 1 Health and Wellbeing (Statutory)

In the statutory documentation from the DfE, the core areas of learning are broken down into the following:

General Wellbeing

Mindfulness, healthy lifestyles, resilience, keeping safe and emotional literacy activities

Wellbeing Online

Screen time, online relationships, online risks, and healthy digital habits

Physical Health and Fitness

Promoting positive mental health, active lifestyles and exercise

Healthy Eating

Nutrition, balanced diets, and making healthy choices

Drugs, Alcohol, Tobacco and Vaping

Taking risks and making informed decisions about the use of legal and illegal harmful substances

Health Protection and Prevention

Hygiene, healthy habits, vaccinations, and illness prevention

Personal Safety

Hazards in the home or environment that may cause harm or injury and the steps to take to reduce risks

Basic First Aid

Practical scenarios and guidance on how to respond in a variety of emergency situations

Developing Bodies

Age-appropriate lessons on body development and changes including puberty and personal hygiene

Core 2 Relationships Education(Statutory)

Families and People Who Care for Me

Family structures, roles, and the importance of safe and supportive relationships

Caring Friendships

The importance of healthy friendships including units on empathy, kindness, and resolving conflicts

Respectful, Kind Relationships

Respect, managing conflict, boundaries, stereotypes and anti-bullying

Online Safety and Awareness

Online safety, respectful online interactions, digital communication, age restrictions and cyberbullying

Being Safe

Personal safety and appropriate boundaries (including online), recognition of harmful or dangerous relationships, the meaning of the consent, and ways to seek help

Citizenship

Citizenship lessons will become statutory from September 2028, following the Curriculum and Assessment Review

Rules and Responsibilities

Rules and expectations, law and order, rights and responsibilities

Aspirations

Identifying strengths, goal setting, motivation

Money and Finance

Spending, saving, making purchasing choices, gambling, budgeting and in-app spending

Communities

Local communities, belonging, shared goals, diversity and responsibility

Media Literacy

Found in Safe Zone lessons
Use of the internet, reliability of search engine results, the appropriate sharing of information on social media and image manipulation

Climate Education

Lessons coming soon!

Programme of Study

Using these core areas, we have developed a coded system for each objective.

For example, objective 1 for Healthy Eating is coded as HE1.

Health and Wellbeing		Relationships	
General Wellbeing	GW	Families Who Care for Me	F
Wellbeing Online	WO	Caring Friendships	CF
Physical Health and Fitness	PH	Respectful, Kind Relationships	RKR
Healthy Eating	HE	Online Safety and Awareness	OS
Drugs, Alcohol, Tobacco and Vaping	DATV	Being Safe	BS
Health Protection and Prevention	HPP		
Personal Safety	PA	Citizenship	
Basic First Aid	FA	Rules and Responsibilities	F
Developing Bodies	DB	Aspirations	CF
		Money	RKR
		Communities	OS
		Media Literacy and Digital Resilience	BS

Programme of Study

This document explains how 3D PSHE aligns with the new statutory requirements and shows how important ideas and skills are revisited and strengthened across year groups.

The Programme of Study document goes into more detail, showing exactly where each statutory objective sits within the 3D PSHE and Citizenship framework. Key objectives appear in black, while objectives that are partially covered are shown in blue.

Objective Code	Objective	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
F1	To know that families are important for children growing up safe and happy because they can provide love, security and stability	C2U4L5 C2U4L4		C2U3L2		C2U3L4	
F2	To know some of the characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	C2U2L4 C2U4L4 C2U5L5	C2U3L3		C2U3L3 C2U3L8	C2U3L4	C2U3L6
F3	To know that the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care		C2U3L2	C2U3L2	C2U3L3	C2U3L4 C2U3L1 C2U3L3	C2U3L6 C2U4L3 C2U4L4
F4	To know that stable, caring relationships are at the heart of safe and happy families and are important for children's security as they grow up	C2U2L4 C2U4L4 C2U4L5					C2U4L4
F5	To know that marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.						C2U4L3
F6	To know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.		C2U2L5				C2U4L4
CF1	To know how important friendships are in making us feel happy and secure, and how people choose and make friends	C2U4L1	C2U4L2	C2U1L2 C1U4L1 C1U4L2			RSE L3
CF2	To know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships	C2U2L1 C2U3L1 C2U4L1	C2U4L2 C2U4L3	C1U4L2 C2U1L2 C1U4L1 C1U4L3	C1U4L4	C2U3L1 C2U3L3	RSE L3
CF3	To know that not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it		C1U3L2	C1U4L1		C2U4L2	

3D PSHE CORE 1 POS - [Link To Document](#)

3D PSHE CORE 2 POS - [Link To Document](#)

CITIZENSHIP POS - [Link To Document](#)

Curriculum Map

The Curriculum Map lays out each year group's learning journey across all three areas, highlighting the key focus for every unit and the name of each lesson. It also shows which suggested year group each lesson is assigned to.

Core 1 Health and Wellbeing						
	U1 Healthy Lifestyles	U2 Nutrition & Food	U3 Hygiene, Growing and Changing	U4 Emotions	U5 Keeping Safe	U6 Safe Zone (Wellbeing Online)
EYFS	L11 I Feel Poorly L19 Busy Body	5 a day fruit and vegetable activity Ongoing lunchtime healthy eating habits	L3 I Like... L12 Clean and Tidy L21 Getting in a Knot	L1 Hide and Seek L2 Nan's House Yoga activities for calming and soothing	Daily routines indoor and outdoor Role play – mini road system, first aid station	L1 Happy Birthday Grandpa Jo L4 Yesterdays News L7 Time Flies for Grandpa Jo
Year 1	L2 Physical Activity 2 Mighty Muscles L3 Physical Activity 3 Get Physical!	L1 Healthy Eating 1 Vote Green! L2 Healthy Eating 2 Meat Eaters	L1 Dental Hygiene 1 Brushing Up! L2 Dental Hygiene 2 Bright White L5 Keeping Clean 2 Bath Time! L6 Similarities and Differences Boys V Girls L8 Changing Needs I Need...'	L2 Happiness Smile! L3 Anger Grrr! L4 Love Three Little Words	L1 Sun Safety It's a Cover Up! L2 Road Safety Green X Code	L2 Self Image and Identity L3 Managing Online Information L4 Privacy and Security
Year 2	L1 Physical Activity 1 Workout! L4 Sleep Nighty Night! L5 Keeping Healthy Give it a Boost	L3 Healthy Eating 3 What a Load of Junk! L4 Healthy Eating 4 Party Time!	L3 Dental Hygiene 3 Top Teeth L4 Keeping Clean 1 Meet Grub! L7 The Human Body Body Bits	L1 Emotions 1 Mood Swings L5 Sadness L6 Consequences Good V Bad L7 Emotions 2	L3 Drug Safety Magic Medicine L5 Fire Safety Escape Plan L6 Emergency Calls 999!	L1 Self Image and Identity L2 Online Relationships L3 Online Reputation L4 Online Bullying\

3D PSHE Curriculum Map - [Link To Document](#)

3D PSHE Coverage Matrices

The matrices detail the units in each of the three core areas:

- Unit name
- Lesson Focus
- Key Objectives
- Aspects of objectives
- Key vocabulary

Assigned year groups to align with the curriculum map

Unit 1 Healthy Lifestyles	Lesson 1 Balanced Approach	Define: Healthy	Year 3	GW2 To know the importance of promoting general well-being and physical health. <i>GW1, PH1</i> healthy, lifestyle
	Lesson 2 Physical Exercise	Active Kids?	Year 3	PH3 To know the risks associated with an inactive lifestyle, including obesity. <i>GW1, GW2, PH1, PH2</i> recommended, guidelines, physical
	Lesson 3 Lifestyle Choices	It's Your Choice	Year 3	GW2 To know the importance of promoting general wellbeing and physical health. <i>PH1, PH2, HE4</i> responsibility, actions, balance, physical, nutrition, achieve, mental, healthy lifestyle
	Lesson 4 Sleep	Sweet Dreams	Year 3	HPP3 To know the importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn. <i>GW1</i> sufficient, health, affect, mood, ability
	Lesson 5 Physical, Emotional and Mental 1 (PEM 1)	I Am Who I Am	Year 4	PH1 To know the characteristics and mental and physical benefits of an active lifestyle. <i>GW1, GW2, GW3</i> physical, emotional, mental
	Lesson 6 Physical, Emotional and Mental 2 (PEM 2)	Hearts and Minds	Year 4	GW4 To know how to recognise feelings and use varied vocabulary to talk about their own and others' feelings. <i>PH1, PH4, GW2, GW9</i> self-aware, feelings, emotions, tension, physical, emotional, mental
Unit 2	Lesson 1 Balanced Diet 1	Plant or Animal	Year 3	HE1 To know what constitutes a healthy diet (including understanding calories and other nutritional content).

KS1 - [Link To Document](#)

LKS2 - [Link To Document](#)

UKS2 - [Link To Document](#)

Half Term Overviews

Our Key Stage 1 and Key Stage 2 Programmes are organised into suggested year groups to help guide teaching. However, these programmes are flexible.

Units or individual lessons can be positioned to best fit in to broader curriculum coverage, if you so choose. The timing of lessons to fit best with the rest of the curriculum, creating a more connected and seamless learning experience.

The documents provide a suggested sequence of lessons, but you are welcome to adapt them to suit your class's needs.

Autumn 1	Core 1 Unit 1 Lesson 1: Structure – Just Imagine...
	Citizenship Unit 1 Lesson 2: Law and Order – In Charge
	Citizenship 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	

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	

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	

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
	Citizenship Unit 2 Lesson 1: Identified Strengths 1 – Big Dreams
Safe Zone Lesson 4: Health, Wellbeing and Lifestyle	

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	

Summer 2	Core 2 Unit 3 Lesson 1: Race and Ethnicity 1 – Unity Matters
	Citizenship Unit 4 Lesson 1: Diverse Communities – Welcome!
	Citizenship Unit 4 Lesson 2: Shared Goals – It's All Go
	Citizenship Unit 3 Lesson 1: Budgeting – Money Supermarket
	Citizenship Unit 3 Lesson 4: Generating Income 1 – Making Money
	Citizenship Unit 3 Lesson 6: Online Spending 1 – App Trap
Safe Zone Lesson 6: Online Relationships and Bullying	

RSE (Relationships and Sex Education)

3D PSHE and Citizenship offers a sensitive, age-appropriate approach to sex education, following government guidance and the science curriculum. While not mandatory, this is recommended for Year 5 and Year 6 pupils.

Topics include:

- Growing and Changing
- Physical and emotional development
- Healthy Relationships
- Trust, consent and positive choices
- Keeping Safe/Privacy
- Safe touch
- Where to get help

Schools providing these lessons should also share materials to support parent consultation.

Protected Characteristics

3D PSHE and Citizenship recognises every school should be a place where discrimination of any kind is not tolerated. Our programme encourages pupils to understand, celebrate, and show respect for everyone, including those who share the following protected characteristics:

- Age
- Disability
- Gender reassignment
- Marriage or Civil Partnerships
- Pregnancy and Maternity
- Race
- Religion or Belief
- Sex
- Sexual Orientation

British Values

3D PSHE and Citizenship naturally supports the development of British Values through lessons, resources and assemblies, using meaningful real-world connections. These values are woven into the framework.

Democracy

Pupils explore how to have a voice, make choices and participate in decision' making. This could be through activities like class votes or group discussions where every opinion is valued.

Rule of Law

Lessons encourage the understanding of rules at different levels: in the classroom, school, local community and beyond. Pupils learn why rules exist and how they help keep everyone safe and treated fairly.

Individual Liberty

Pupils are guided to make safe, responsible choices and understand their rights (e.g NSPCC's PANTS rules), build self esteem, and exercise freedoms such as making positive choices online.

Mutual Respect

Respect for self and others is a core focus. Pupils celebrate both similarities and differences, developing empathy and contributing to a strong anti-bullying culture.

Tolerance of different faiths and beliefs

Through exploring various religions and cultures, pupils learn acceptance and understanding, recognising why discrimination and prejudice are harmful.

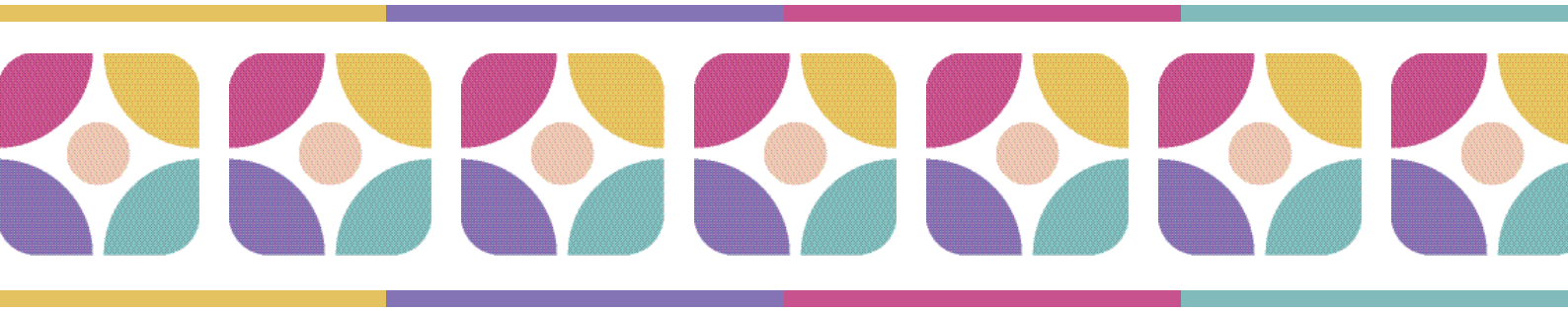
3D PSHE Adaptive Assistant

Mindful is a personal AI assistant to help teachers adapt lessons and materials to meet the needs of their pupils and their school. It offers opportunities to...

- Adapt the timing of lessons
- Adapt for mixed age groups
- Adapt the activities to meet the needs of SEND pupils
- Adapt resources to meet pupil needs
- Create guidance letters/document for parents

And much more.....





3D PSHE
& Citizenship
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Real Learning. Real Life. Real Change.

