

At West Bridgford Junior School we aim to promote healthy, independent and responsible members of society, and we strive to build persistence in the face of difficulty. To help us achieve this, we follow the scheme of work provided by Dimensions 3D PSHE, as a whole school approach. We seek to help children build resilience, confidence and self-esteem in order to successfully manage, and cope with their emotions in different situations. We cover three core themes- Health and Wellbeing, Relationships and Living in the Wider World- which progress through the year groups. The PSHE Curriculum prepares children for life in modern Britain. It also helps pupils to develop and apply skills and attitudes to allow them to become full and active citizens in our wider global community. In addition to this, each year group includes a unit about Anti-Racism which focuses on the benefits of the diversity within both our school community and the wider community and how important it is to be 'anti-racist'.

Year 3	Year 4	Year 5	Year 6
To recognise individuality and person qualities To know about personal identity and what contributes to who we are To know about our skin and about racism and that it is not OK to be racist To know the impact of racism and consider how to stop it. To know about discrimination: what it means and how to challenge it	To know about self-respect and how it affects how we feel about ourselves. To know about being treated with respect To know what diversity is and what the benefits of diversity are To know how to respond to hurtful behaviour To know what it means to be anti- racist	To know about respecting the differences and similarities between people To know about racism and what it means To know about stereotypes and how I can influence behaviours and attitudes towards others To know about strategies for challenging stereotypes To know about what living in a community means	To know about diversity and what it means To know about prejudice and how to recognise behaviours/actions which discriminate against others To know about prejudice and actions which discriminate against others; ways of responding to it if witnessed or experienced To know about prejudice and how to recognise behaviours/actions which discriminate against others To know about ways of responding to racism / prejudice if witnessed or experienced