

PSHE Year 3

This document shows the Year 3 PSHE (Personal, Social, Health and Economic education) curriculum for the full school year. The majority of lessons covering the RSE (Relationships and Sex Education) curriculum set by the Department of Education are in the Autumn and Summer terms. Lessons will normally be taught in the order seen unless the need for a specific topic changes for the year group.

Autumn- Relationships (Class Pledge) (Online Safety) (Bonfire Night Safety)	Spring- Living in a Wider World (Road Safety) (Emergency services calls) (First Aid)	Summer- Health and Wellbeing (Sun Safety)
<p><u>Secrets</u></p> <ul style="list-style-type: none"> Know the difference between secret and surprise Know how they can make people feel Understand when secrets are not ok 	<p><u>Rules</u></p> <ul style="list-style-type: none"> Know why we have rules Understand consequences of broken rules 	<p><u>Healthy eating</u></p> <ul style="list-style-type: none"> Understand healthy/balanced eating Eat-well plate
<p><u>Team work</u></p> <ul style="list-style-type: none"> Understand cooperation and collaboration Know the different skills people can bring to a team 	<p><u>Diverse country</u></p> <ul style="list-style-type: none"> Understand our diverse country Know similarities and differences between some cultures Understand the importance of respect and tolerance Understand how people can have different opinions 	<p><u>Medicine safety</u></p> <ul style="list-style-type: none"> How infections pass between people Medicine and non-medicine ways to feel better Know that medicines are drugs Know proper use of medicines
<p><u>Positive relationships</u></p> <ul style="list-style-type: none"> Know what a positive relationship is Know how to maintain positive relationships Know how their actions can affect others Understand how a relationship can be unhealthy and what to do if this happens 	<p><u>Facts or opinions</u></p> <ul style="list-style-type: none"> Understand how what is said isn't always true Know that the internet isn't always right/safe 	<p><u>Managing risk</u></p> <ul style="list-style-type: none"> Know and understand risky situations How to minimise risk Who can help?
<p><u>Personal space</u></p> <ul style="list-style-type: none"> Know everyone has the right to personal space Know when touch is inappropriate Know what to do if they are unhappy with touch 	<p><u>Our community</u></p> <ul style="list-style-type: none"> Know the different responsibilities of those in their community Understand the different communities they are a part of and what they add to each community Know other members in the community <p>Understand what we mean by environment</p>	<p><u>Alcohol and cigarettes</u></p> <ul style="list-style-type: none"> Know key risks and effects of cigarettes and alcohol Know term 'drug' and what it means
<u>Conflict</u>	<u>Earning and saving money</u>	<u>Change</u>

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<ul style="list-style-type: none"> • Know and use strategies to resolve conflict 	<ul style="list-style-type: none"> • Understand difference between want and need • Understand what needs to be paid for in the home • Understand income and how it is a different amount for different people 	<ul style="list-style-type: none"> • Understand feelings associated with loss • Know how to cope with these feelings
<p style="text-align: center;"><u>Friendship</u></p> <ul style="list-style-type: none"> • Know qualities of friendship • Understand why friends sometimes fall out • Know how to handle with peer pressure 	<p style="text-align: center;"><u>First Aid</u></p> <ul style="list-style-type: none"> • Know how to make a 999 call • Know what someone who is hurt needs • Understand why different injuries need different treatment 	<p style="text-align: center;"><u>Achievements</u></p> <ul style="list-style-type: none"> • Know own skills/talents and be able to identify skills/talents of others • Know own achievements and areas of development
<p style="text-align: center;"><u>Bullying</u></p> <ul style="list-style-type: none"> • Understand why bullying happens • Understand what prejudice is 		
<p style="text-align: center;"><u>Respect</u></p> <ul style="list-style-type: none"> • Understand what is meant by respect • Know how to show respect, even when opinions are different 		
<p style="text-align: center;"><u>Differences</u></p> <ul style="list-style-type: none"> • Understand there are different types of family • Know about adoption, fostering and same-sex relationship • Understand that differences between people are ok 		