

## PSHE Curriculum Overview Year 3

### Core Theme: Health and Wellbeing

(work to be evidenced in PSHE Book 1- Health and Wellbeing)

| Planning Grid  | Topic                | Learning outcome  | Key Vocabulary  | Cross curricular links | PSHE Association Planning Reference | Term it is taught in |
|----------------|----------------------|---|---|------------------------|-------------------------------------|----------------------|
| H1/H2          | Healthy Lifestyles   | To know what makes a balanced lifestyle   | Balanced lifestyles, choices, health, wellbeing             | DT- food unit          | P90                                 | Summer 2             |
| H3             | Healthy Lifestyles   | To know what makes a balanced diet<br>To know that they have the right to make their own healthy food choices | Balanced diet, choices, food, influences                    | DT- food unit          | P91                                 | Summer 2             |
| H4             | Healthy Lifestyles   | To recognise that what is in the media does not necessarily reflect reality                                   | Media, images, reality, fantasy. True, false                |                        | P92                                 | Spring 1             |
| H5             | Growing and Changing | To recognise personal achievements and make personal targets  | Achievements, aspirations, goals. Strengths, target setting | Character curriculum   | P93                                 | Autumn 1             |
| H6/H7          | Growing and Changing | To recognise a wider range of feelings (both good and bad)  | Conflicting emotions, feelings, managing feelings           | Character curriculum   | P94                                 | Autumn 1             |
| H8             | Growing and Changing | To learn about the kinds of changes that happen in life and the feelings associated with them                 | Change, transition, loss, separation, divorce, bereavement  |                        | P95                                 | Autumn 2             |
| H9/H10/<br>H11 | Keeping Safe         | To know how to manage risks in familiar and unfamiliar situations.  | Risk, danger, hazard, responsibility, safety                |                        | P96                                 | Spring 1             |
| H12            | Healthy Lifestyles   | To know that simple hygiene routines can prevent the spread of bacteria and viruses.                          | Bacteria, viruses, hygiene routines                         |                        | P97                                 | Autumn 1             |
| H13/H14        | Keeping Safe         | To recognise the feeling of negative pressure and know how to handle this                                     | Pressure, managing pressure, influences, media, peer        |                        | P98                                 | Spring 1             |
| H15            | Keeping Safe         | To understand the importance of school rules for health and safety.   | Emergency aid, help, safety, rules                          | Character curriculum   | P99                                 | Autumn 1             |

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|         |                      | To know how to get help in an emergency.  |   |                          |      |                      |
| H16     | Healthy Lifestyles   | To know what is meant by a habit.<br>To recognise that habits can be hard to change   | Habits  |                          | P100 | Autumn 1             |
| H17     | Healthy Lifestyles   | To know that drugs are common in everyday life (medicine, caffeine, alcohol, tobacco) | Drugs, alcohol, tobacco, medicines, caffeine            |                          | P101 | Autumn 1             |
| H18     | Growing and Changing | To know some changes that happen during puberty                                       | Puberty, physical and emotional changes                 |                          | P102 | Summer 2             |
| H21     | Keeping Safe         | To know how to keep safe in the local environment                                     | Safety, roads, cycle, rail, water, fire                 |                          | P103 | Autumn 2             |
| H22/H25 | Keeping Safe         | To know how to keep safe online   | Safety, online, personal information, passwords, images | Online safety- Computing | P104 | Spring 1<br>Spring 2 |
| H23     | Keeping Safe         | To recognise the people who keep them stay healthy and safe.                          | Advice, support, asking for help                        |                          | P105 | Spring 1             |

## Core Theme: Relationships

(work to be evidenced in PSHE Book 2- Relationships)

| Planning Grid | Topic                 | Learning outcome  | Key Vocabulary   | Cross curricular links and | PSHE Association Planning Reference | Term it will be taught |
|---------------|-----------------------|---|--|----------------------------|-------------------------------------|------------------------|
| R1            | Feelings and Emotions | To recognise a wider range of feelings in others.<br>To know how to respond to how others are feeling | Feelings, empathy, recognising other's feelings        | Character curriculum       | P107                                | Autumn 1               |
| R2/R4         | Healthy Relationships | To know what makes a positive, healthy relationship, including friendships                            | Friendships, families, couples, positive relationships | RSE                        | P108                                | Autumn 2               |
| R7            | Healthy Relationships | To recognise how actions affect others  | Actions, behaviour, consequences                       | Character curriculum       | P109                                | Autumn 1               |
| R8            | Healthy Relationships | To know the difference between acceptable and unacceptable physical contact.                          | Physical contact, touch, acceptable, unacceptable      | RSE                        | P110                                | Autumn 2               |

|         |                       |   |  |               |      |                                  |
|---------|-----------------------|---|--|---------------|------|----------------------------------|
|         |                       | To know how to respond to unacceptable physical contact                                   |  |               |      |                                  |
| R9      | Feelings and Emotions | To when they should or shouldn't keep a secret  | Confidentiality, secret, surprises, personal safety            | RSE           | P111 | Autumn 2                         |
| R10     | Valuing Differences   | To know how to listen and respond respectfully to a wide range of people                  | Listening, viewpoints, opinions, respect                       |               | P112 | On going                         |
| R11     | Healthy Relationships | To be able to work collaboratively with others towards a shared goal                      | Collaborative working, shared goals                            |               | P113 | Autumn 1                         |
| R12     | Healthy Relationships | To be able to solve disputes and conflicts with their peers                               | Disputes, conflict, feedback, support, negotiation, compromise |               | P114 | Spring 1                         |
| R13     | Valuing Differences   | To recognise differences and similarities between people but understand everyone is equal | People, identity, similarities, differences, equality          | RE            | P115 | Autumn 2<br>Spring 2<br>Summer 2 |
| R14/R18 | Valuing Differences   | To recognise bullying and know how to respond and get help                                | Bullying, discrimination, aggressive behaviour                 | Anti Bullying | P116 | Autumn 2                         |
| R15     | Feelings and Emotions | To recognise and address dares  | Dares, challenges  |               | P117 | Summer 2                         |
| R16     | Valuing Differences   | To know what is meant by stereotypes  | Stereotypes  |               | P118 | Spring 2                         |
| R21     | Healthy Relationships | To know about the importance of keeping personal boundaries and the right to privacy      | Privacy, sharing, personal boundaries                          | Anti Bullying | P119 | Autumn 2                         |

### Core Theme: Living in the Wider World

(work to be evidenced in PSHE Book 3- Living in the Wider World)

| Planning Grid | Topic                       | Learning outcome  | Key Vocabulary                                       | Cross curricular links | PSHE Association Planning Reference | Term it will be taught |
|---------------|-----------------------------|---|--|------------------------|-------------------------------------|------------------------|
| L1            | Rights and Responsibilities | To discuss and debate common issues concerning health and wellbeing | Discussion, debate, topical issues, problems, events | English S&L            | P121                                | Summer 1               |

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|        |  |  |   |                |      |                                       |
| L2     | Rights and Responsibilities                                    | To explain the ways in which rules and laws keep people safe.<br>To take part in making and changing rules | Rules, laws, making and changing rules                      |                | P122 | Autumn 1                              |
| L3/L4  | Rights and Responsibilities                                    | To know that everyone has human rights   | Human rights, children's rights                             | British Values | P123 | Summer 1                              |
| L6     | Rights and Responsibilities                                    | To know what anti social behaviour is and how it affects people<br>To know how to get support              | Anti social behaviour, aggression, bullying, discrimination |                | P124 | Summer 2                              |
| L7     | Rights and Responsibilities/<br>Taking care of the environment | To recognise their responsibilities, rights and duties (at home, school and in the environment)            | Rights, duties, home school environment                     |                | P125 | Autumn 1 / 2<br>(link to school jobs) |
| L8     | Rights and Responsibilities                                    | To know how to resolve differences   | Resolving difference, points of view, decisions, choices    |                | P126 | Spring 1                              |
| L9/L10 | Rights and Responsibilities                                    | To know what it means to be part of a community<br>To know who can help us in our community                | Communities, volunteers, pressure groups, health wellbeing  |                | P127 | Autumn 1                              |
| L11    | Rights and Responsibilities                                    | To appreciate difference and diversity of people living in the UK  | People, difference, diversity, identity                     | RE             | P128 | Autumn 2<br>Spring 2<br>Summer 2      |
| L12    | Rights and Responsibilities                                    | To know about values and customs of people around the world  | People, places, values, customs                             | RE             | P129 | Autumn 2<br>Spring 2<br>Summer 2      |
| L13    | Money  | To know the role of money and how to manage it effectively   | Money, spending, saving, budgeting                          | Maths          | P130 | Spring 1                              |
| L14    | Money  | To know what is meant by interest and loan   | Money, interest, loan, tax, debt                            | Maths          | P131 | Spring 1                              |
| L15    | Money/Taking   | To know about the sustainability of the  | Resources, sustainability,                                  | ECO            | P132 | Autumn 1                              |

|         |                             |   |  |                        |      |          |
|---------|-----------------------------|---|--|------------------------|------|----------|
|         | care of the environment     | environment across the world                            | economics, choices, environment              |                        |      |          |
| L16     | Money                       | To know what enterprising it                            | Enterprise, enterprise skills, entrepreneurs | Link to Christmas Fair | P133 | Autumn 2 |
| L17/L18 | Rights and Responsibilities | To know that information in the media can be misleading | Media, social media, information, forwarding |                        | P134 | Spring 1 |