

PSHE Y3 CURRICULUM

Y3 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>The caring school Feelings, friends and relationships Pupils learn:</p> <ul style="list-style-type: none"> • How to make school/classroom a happy place for everyone to work and play • What makes themselves and each other happy, sad or cross • How to make someone feel special • Why having a group of friends is important • What makes a healthy friendship 	<p>Choices, emotions and difference Pupils learn:</p> <ul style="list-style-type: none"> • How they can make people feel that they belong • About valuing the similarities and differences between themselves and others • What bullying is – consider different types of bullying and the impact this can have on their feelings • About their rights and responsibilities 	<p>Keeping myself safe Pupils learn:</p> <ul style="list-style-type: none"> • When they are most at risk • How to identify risks online • How to say no when they do not like something • About the age restrictions for games, TV shows and films and what these mean • How to make a clear and efficient call to emergency services if necessary
Autumn 2	Spring 2	Summer 2
<p>Relationships, loss and separation Pupils learn:</p> <ul style="list-style-type: none"> • Why families are important • To understand what it feels like when they lose something • To understand how it feels when someone loses or is separated from a special person • What they can do to help themselves or somebody else experiencing loss 	<p>My healthy body – taking responsibility for my healthy lifestyle Pupils learn:</p> <ul style="list-style-type: none"> • Why they need to eat/drink • What food they they need to eat, to grow and stay healthy • What happens when they exercise? • Why they should exercise • What impact excessive device usage could have on their physical and mental health 	<p>The world of drugs Pupils learn:</p> <ul style="list-style-type: none"> • About when people need to take drugs • What 'Risk Taking' means • About the 'positives' and 'negatives' about taking risks • About why people take risks • About their rights and responsibilities • About their responsibilities to others • How they can make a difference