**PSHE Curriculum Overview Year 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Core Theme: Health, Wellbeing and Mental Health | | | | |
| Topic | Learning outcome | Key Vocabulary | Cross curricular links | Term it is taught in |
| Healthy Lifestyles | To know what makes a balanced diet  To know that they have the right to make their own healthy food choices | Balanced diet, choices, food, influences | DT- food unit | Summer 2 |
| Healthy Lifestyles | To recognise that what is in the media does not necessarily reflect reality | Media, images, reality, fantasy. True, false |  | Spring 1 |
| Growing and Changing | To recognise personal achievements and make personal targets | Achievements, aspirations, goals. Strengths, target setting | Character curriculum | Autumn 1 |
| Growing and Changing | To recognise a wider range of feelings (both good and bad)  To know what word to use to talk about my feelings? | Conflicting emotions, feelings, managing feelings | Character curriculum  Skills for Life  Pol-Ed Year 3 Wellbeing | Autumn 1 |
| 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 |  | Autumn 2 |
| Keeping Safe | To know how to manage risks in familiar and unfamiliar situations. | Risk, danger, hazard, responsibility, safety | Road Safety  Pol-Ed Year 3 Keeping Safe | Spring 1 |
| Healthy Lifestyles | To know that simple hygiene routines can prevent the spread of bacteria and viruses. | Bacteria, viruses, hygiene routines |  | Autumn 1 |
| Keeping Safe | To recognise the feeling of negative pressure and know how to handle this | Pressure, managing pressure, influences, media, peer |  | Spring 1 |
| Keeping Safe | To know what are emergency situations?  To know what the emergency services are and why they are important? | Emergency aid, help, safety, rules | Pol-Ed Year 3 Keeping Safe | Autumn 1 |
| Growing and Changing | To know some changes that happen during puberty | Puberty, physical and emotional changes | RSE | Summer 2 |
| Keeping Safe | To know how to keep safe in the local environment | Safety, roads, cycle, rail, water, fire |  | Autumn 2 |
| Keeping Safe | To know how to keep safe online | Safety, online, personal information, passwords, images | Online safety- Computing | Spring 1  Spring 2 |
| Keeping Safe | To recognise the people who keep them stay healthy and safe. | Advice, support, asking for help |  | Spring 1 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Core Theme: Relationships | | | | |
| Topic | Learning outcome | Key Vocabulary | Cross curricular links and | Term it will be taught |
| Healthy Relationships | To know what makes a positive, healthy relationship, including friendships  To know what to do when friendships go wrong. | Friendships, families, couples, positive relationships | RSE  Pol-Ed Year 3 Relationships | Autumn 2 |
| Healthy Relationships | To know what is meant by consent in friendships. |  | Pol-Ed Year 3 Relationships |  |
| Healthy Relationships | To know the difference between acceptable and unacceptable physical contact.  To know how to respond to unacceptable physical contact | Physical contact, touch, acceptable, unacceptable | RSE | Autumn 2 |
| Feelings and Emotions | To when they should or shouldn’t keep a secret | Confidentiality, secret, surprises, personal safety | RSE  Pol-Ed Year 3 Keeping Safe | Autumn 2 |
| Feelings and Emotions | To know how I can share my worries. |  | Pol-Ed Year 3 Keeping Safe |  |
| Valuing Differences | To know how to listen and respond respectfully to a wide range of people | Listening, viewpoints, opinions, respect | Skills for Life | On going |
| Healthy Relationships | To be able to solve disputes and conflicts with their peers | Disputes, conflict, feedback, support, negotiation, compromise |  | Spring 1 |
| Valuing Differences | To recognise differences and similarities between people but understand everyone is equal | People, identity, similarities, differences, equality | RE | Autumn 2  Spring 2  Summer 2 |
| Valuing Differences | To recognise bullying and know how to respond and get help | Bullying, discrimination, aggressive behaviour | Anti Bullying  Pol-Ed Year 3 Relationships | Autumn 2 |
| Valuing Differences | To know what is meant by stereotypes | Stereotypes |  | Spring 2 |
| Healthy Relationships | To know about the importance of keeping personal boundaries and the right to privacy | Privacy, sharing, personal boundaries | Anti Bullying | Autumn 2 |
| Feelings and Emotions | To know what mental health. |  | Pol-Ed Year 3 Wellbeing |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Core Theme: Living in the Wider World and Understanding the Law | | | | | | |
| Topic | Learning outcome | | | Key Vocabulary | Cross curricular links | Term it will be taught |
| Rights and Responsibilities | To explain the ways in which rules and laws keep people safe.  To take part in making and changing rules | | | Rules, laws, making and changing rules |  | Autumn 1 |
| Rights and Responsibilities | To know that everyone has human rights  To know what children’s rights are. | | | Human rights, children’s rights | British Values  Pol-Ed Year 3 Understanding the Law | Summer 1 |
| Rights and Responsibilities | To know what anti social behaviour is and how it affects people  To know how to get support | | | Anti social behaviour, aggression, bullying, discrimination |  | Summer 2 |
| Rights and Responsibilities/Taking care of the environment | To recognise their responsibilities, rights and duties (at home, school and in the environment) | | | Rights, duties, home school environment |  | Autumn 1 / 2  (link to school jobs) |
| Understand the Law | To know how to be a responsible citizen. | | |  | Pol-Ed Year 3 Understanding the Law |  |
| Rights and Responsibilities | To know what it means to be part of a community  To know who can help us in our community | | | Communities, volunteers, pressure groups, health wellbeing |  | Autumn 1 |
| Rights and Responsibilities | To know about values and customs of people around the world | | | People, places, values, customs | RE | Autumn 2  Spring 2  Summer 2 |
| Understand the Law | To know what the law is and why we have it. | | |  | Pol-Ed Year 3 Understanding the Law |  |
| Understand the Law | To know how the law is enforced. | | |  | Pol-Ed Year 3 Understanding the Law |  |
| Money | To know the role of money and how to manage it effectively | | | Money, spending, saving, budgeting | Maths | Spring 1 |
| Money | To know what is meant by interest and loan | | | Money, interest, loan, tax, debt | Maths | Spring 1 |
| ECO | | Autumn 1 |
| Rights and Responsibilities | To know that information in the media can be misleading | | | Media, social media, information, forwarding |  | Spring 1 |