**PSHE Curriculum Overview Year 3**

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| 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 dietTo 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 curriculumSkills for LifePol-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 SafetyPol-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 1Spring 2 |
| Keeping Safe | To recognise the people who keep them stay healthy and safe. | Advice, support, asking for help |  | Spring 1 |

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| 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 friendshipsTo know what to do when friendships go wrong. | Friendships, families, couples, positive relationships | RSEPol-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 | RSEPol-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 2Spring 2Summer 2 |
| Valuing Differences | To recognise bullying and know how to respond and get help | Bullying, discrimination, aggressive behaviour | Anti BullyingPol-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 |  |

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| 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 rightsTo know what children’s rights are. | Human rights, children’s rights | British ValuesPol-Ed Year 3 Understanding the Law  | Summer 1 |
| Rights and Responsibilities | To know what anti social behaviour is and how it affects peopleTo 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 communityTo 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 2Spring 2Summer 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 |