

Year 3 PSHE Programme of Study – Autumn Term

	Autumn Term
Relationships Education	<p>School Rules - <i>Do I understand why and how rules and laws that protect me and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules?</i></p> <p>Safe Speak – NSPCC Assembly - <i>Do I understand personal boundaries? Can I identify what I am willing to share with my most special people; friends; classmates and others? Do I understand that we all have rights to privacy? Can I judge what kind of physical contact is acceptable or unacceptable and how to respond? Do I understand the concept of ‘keeping something confidential or secret’, when I should or should not agree to this and when it is right to ‘break a confidence’ or ‘share a secret’?</i></p> <p>Similarities and Differences - <i>Do I understand that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation and disability?</i> Prompt for discussion – Book: Three Monsters by David McKee</p> <p>Stereotypes - <i>Can I recognise and challenge stereotypes?</i> Prompt for discussion – Clip from Billy Elliot</p> <p>Discrimination - <i>Do I realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours?</i> Prompt for discussion – Book: Leaf by Sandra Dieckmann</p> <p>Remembrance – Citizenship focus</p> <p>Anti-Bullying - <i>Do I know how to recognise bullying and abuse in all its forms?</i> Prompt for discussion – Annual Anti-Bullying Week theme</p> <p>Anti-Social Behaviour - <i>Do I realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities? Can I develop strategies for getting support for myself or for others at risk?</i></p>
Physical Health and Mental Wellbeing	<p>Stress - <i>Do I understand what positively and negatively affects my physical, mental and emotional health?</i></p>

Year 3 PSHE Programme of Study – Spring Term

	Spring Term
Relationships Education	<p>Online Safety - Do I use strategies for keeping safe online, including the importance of protecting personal information? Do I understand the responsible use of mobile phones?</p> <p>People Living in Other Places – Comic/Sport Relief - Citizenship focus</p>
Physical Health and Mental Wellbeing	<p>Mindfulness - Can I deepen my understanding of good and not so good feelings? Can I extend my vocabulary to help me to explain my feelings to others? Prompt for lesson – Calmer Classrooms Mindfulness session</p> <p>Taking Risks - Can I differentiate between the terms ‘risk’, ‘danger’ and ‘hazard’? Can I recognise, predict and assess risks in different situations and decide how to manage them responsibly? Prompt for discussion – Peer Pressure</p> <p>Drugs – Do I know the facts about harmful substances? Areas covered – Medicines & Household Products</p> <p>Road Safety - Do I use strategies for keeping physically and emotionally safe, including road safety and safety in the environment?</p> <p>First Aid - Do I know basic emergency First Aid?</p>

Year 3 PSHE Programme of Study – Summer Term

	Summer Term
Relationships Education	<p>My Family – Can I recognise and respond appropriately to a wider range of feelings in others?</p> <p>Healthy Family Life – Do I recognise what constitutes a positive, healthy relationship and can I develop the skills to form and maintain positive and healthy relationships?</p> <p>Friendships – Can I recognise different types of relationship, including those between acquaintances, friends, relatives and families? Can I recognise ways in which a relationship can be unhealthy and do I know whom to talk to if I need support?</p>
Physical Health and Mental Wellbeing	<p>Sun Safe Assembly - Do I understand about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer?</p> <p>Healthy Minds, Healthy Bodies - Do I understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness?</p>