

## Year 3 PSHE Programme of Study – Autumn Term

	<b>Autumn Term</b>
<b>Being Responsible</b>	<p><b>Children will learn:</b></p> <ul style="list-style-type: none"> <li>• To recognise the need for rules and laws.</li> <li>• To understand the difference between ‘needs’ and ‘wants’.</li> <li>• That our behaviour can have an impact on the environment.</li> <li>• The importance of having compassion towards others.</li> </ul> <p><b>Text:</b> <i>Aalfred and Aalbert</i> by Morag Hood</p>
<b>Bullying Matters</b>	<p><b>Children will learn:</b></p> <ul style="list-style-type: none"> <li>• To know what bullying is and the impact of bullying behaviour.</li> <li>• To have an awareness that their own actions can affect other people.</li> <li>• What discrimination means and how to challenge it.</li> <li>• To recognise that our own behaviour can affect other people.</li> </ul> <p><b>Texts:</b> <i>The Invisible Boy</i> by Trudy Ludwig; <i>Tusk Tusk</i> by David McKee</p>

## Year 3 PSHE Programme of Study – Spring Term

	<b>Spring Term</b>
<b>Healthy Me</b>	<p><b>Children will learn:</b></p> <ul style="list-style-type: none"> <li>• That eating a balanced diet is an important part of keeping me healthy</li> <li>• That looking after mental health and wellbeing contributes towards keeping healthy.</li> <li>• About medicines and household products that may be kept at home that could be harmful.</li> <li>• To identify influences and peer pressure.</li> </ul> <p><b>Text:</b> <i>A Huge Bag of Worries</i> by Virginia Ironside</p>
<b>Relationships</b>	<p><b>Children will learn:</b></p> <ul style="list-style-type: none"> <li>• A bank of strategies for navigating tricky points in friendships.</li> <li>• To know how to expect to be treated in a friendship.</li> <li>• That compromise is sometimes necessary to maintain a relationship.</li> <li>• That all family structures are different.</li> <li>• To recognise the risks associated with keeping a secret.</li> </ul> <p><b>Text:</b> <i>We’re All Wonders</i> by R J Palacio</p>

## Year 3 PSHE Programme of Study – Summer Term

	Summer Term
Being Me	<p><b>Children will learn:</b></p> <ul style="list-style-type: none"><li>• To know that everyone is different.</li><li>• To know that it is wrong to discriminate against others.</li><li>• That our behaviour can affect others.</li><li>• To recognise the differences and similarities between people.</li><li>• To explore diversity and what it means, including the benefits of living in a diverse community.</li></ul> <p><b>Texts:</b> <i>Three Monsters</i> by David McKee; <i>Leaf</i> by Sandra Dieckmann</p>
Changing Me	<p><b>Children will learn:</b></p> <ul style="list-style-type: none"><li>• To be able to use a varied vocabulary when talking about feelings.</li><li>• To identify the everyday things that affect feelings, and the importance of expressing how we feel.</li><li>• To develop strategies to manage transitions between classes and key stages.</li></ul>
Money Matters	<p><b>Children will learn:</b></p> <ul style="list-style-type: none"><li>• To understand the responsibility of making spending decisions.</li><li>• To recognise that people make spending decisions based on needs and wants.</li><li>• To identify some of the skills that may help me in my future career.</li></ul>