



Long Term Curriculum Overview 2019-20/21

Subject: PSHE

Year: 3

'We create a nurturing environment which both inspires and challenges our whole school family, equipping our children to have high aspirations to: 'Dream big, love God and live well.'

	Au1 Koinonia Democracy Healthy Lifestyle/ Health and Wellbeing	Au2 Generosity Individual Liberty Living in the Wider World - respecting environment/ responsibility/money	Spr1 Hope Rule of Law Health and Wellbeing – Understand risk/ resisting Pressure	Spr2 Friendship Tolerance of other beliefs Relationships – what is a healthy relationship?	Su1 Respect Mutual Respect Relationships – How to respect equality and diversity Living in the Wider World- Human rights etc.	Su2 Thankfulness All British Values Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.
Week 1 To always explore the British Value of the Term	British Value Democracy	British Value Individual Liberty	British Values Rule of Law	British Values Tolerance of Other Beliefs 27 th February-11 th March Fair-Trade Fortnight	British Values Mutual Respect	British Values Revisiting All British Values 3 rd June Child Safety Week
Week 2	Can I recognise the importance of a balanced diet and healthy eating? <ul style="list-style-type: none"> Risks of not eating a healthy diet 	Can I explain what makes a good friend/How to make and maintain friendships Anti bullying Week	Can I understand what peer pressure is? <ul style="list-style-type: none"> Identifying risk and understanding the influences of peer pressure Identifying controlling behaviours associated with peer pressure. What are the risks and factors of peer pressure? 	Can I identify different types of relationships? Can I explore the idea of 'family'? <ul style="list-style-type: none"> Exploring a variety of relationships Shared characteristics of a healthy family life. How do our families differ? 	Can I celebrate differences? <ul style="list-style-type: none"> The benefits of living in a diverse community – Valuing the different contributions that people and groups make in a community. 8 th March International Women's Day	Can I identify and name some feelings? <ul style="list-style-type: none"> Who would be my trusted adult in school/out of school.
Week 3	Can I understand the importance of personal hygiene? <ul style="list-style-type: none"> Healthy Eating – Maturing Bodies Dental Care 	Can I understand the importance of looking after the environment? (Plastic pollution) <ul style="list-style-type: none"> Spending decisions can affect others and 	Can I discuss how to keep my body safe? <ul style="list-style-type: none"> Exploring the meaning of Consent & Having the ability to say 'No'. (Keeping Ourselves Safe) 	Can I understand the role of marriage, why people get married and how marriage has changed over time? <ul style="list-style-type: none"> Diversity in families 'Valuing 	Diversity How are we similar? How are we different? <ul style="list-style-type: none"> Recognising self respect and how we treat others To listen and 	Keeping Myself Safe First Aid

	<ul style="list-style-type: none"> Keeping clean/ Hygiene. 	<p>the environment – charity, single use plastic. (Economic Wellbeing)</p>	<ul style="list-style-type: none"> Unwanted physical/emotional contact – what strategies would we use? <p>Children's Mental Health Awareness Week</p>	<p>all God's Children'</p> <ul style="list-style-type: none"> Recognising different types of relationships/marriage and civil partnerships 	<p>respond respectfully – including traditions, beliefs and lifestyles</p>	
Week 4	<p>Exploring Mental Health - Can I discuss my feelings and worries?</p> <ul style="list-style-type: none"> Just like physical health, is part of daily lifestyle Who is your trusted adult for support 	<p>Can I understand that I have to take responsibility for my choices?</p> <p>Shared Responsibilities</p> <ul style="list-style-type: none"> To recognise human rights, that are there to protect everyone The relationship between rights and responsibilities How we show care and concern for people and living things. 	<p>Can I say what makes me feel worried and what I can do about it?</p> <ul style="list-style-type: none"> Where to get advice and report concerns if worried about their own or someone else's personal safety (including online) About keeping something confidential or secret 	<p>Expect Respect Teaching (Priority)</p>		<p>Can I discuss how my body changes?</p> <ul style="list-style-type: none"> Physical and emotional changes
Week 5	<p>Can I recognise feelings in myself?</p> <ul style="list-style-type: none"> Everyday things that affect feelings and the importance of expressing feelings 			<p>Can I understand and challenge stereotypes?</p> <p>Stereotyping</p> <ul style="list-style-type: none"> Gender To recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents) – Stonewall Resources. 	<p>How do we stop discrimination? (Revisiting Racism the Red Card Day)</p> <ul style="list-style-type: none"> How to recognise behaviours/actions which discriminate against others; Ways of responding to it if witnessed or experienced 	
Week 6	<p>Can I understand how I might hurt others feelings?</p> <ul style="list-style-type: none"> Exploring empathy Strategies to respond to feelings of others and ourselves appropriately Who could we go to for support (Trusted 	<p>Aspirations – Aiming High</p> <ul style="list-style-type: none"> Recognise positive things about themselves and their achievements; set Exploring some jobs are paid more than others but some people 	<p>Internet Safety Day</p> <ul style="list-style-type: none"> Keeping Safe Online How to respond appropriately and safely Assessing reliability of information online and in the media. 	<p>Can I explain what makes someone special?</p>		<p>Can I prepare for moving to a new year group?</p> <p>(Transition)</p> <p>To identify personal strengths, skills, achievements and interests and how these contribute to a sense of</p>

	Adults)	choose voluntary work (unpaid) – how does this help the environment/people around the world (charity)				self-worth
Week 7						