



Medium Term Curriculum Overview 2021/22 – Autumn Term

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
Week 1 To always explore the British Value of the Term	<p style="text-align: center;">British Value Democracy</p> <ul style="list-style-type: none"> To understand the meaning of Democracy <p style="text-align: center;">We are a class family'</p> <ul style="list-style-type: none"> To understand Class Routines/Expectations To know who can keep us safe in our classroom and at Bishop King To understand the learning day To know how to express themselves 'All About Me' 	<p style="text-align: center;">British Value Individual Liberty</p> <ul style="list-style-type: none"> To understand the meaning of Individual Liberty <p style="text-align: center;">'We are all equal' Can I identify and respect the differences and similarities between people?</p> <ul style="list-style-type: none"> To understand diversity within a community and learn how we respect people who are different to us? (BLM Movement) (Gender Equality) (LGBTQ+ Equality) <p style="text-align: center;">Can I understand and challenge stereotypes?</p> <ul style="list-style-type: none"> To understand the challenges that stereotyping can bring. To know stereotyping can restrict opportunity and opinions. <p>Using 'Valuing All God's Children' for support if needed.</p> 



Week 2	<p>Exploring Mental Health Can I recognise feelings in myself?</p> <ul style="list-style-type: none"> To understand and recognise and name different feelings To know how feelings can affect people's bodies and how they behave To know how to recognise what others might be feeling (exploring empathy) To know and understand what coping strategies work for us. 	<p>'Shared Responsibilities'</p> <ul style="list-style-type: none"> To learn and understand what and why rules are needed, and to know why different rules are needed for different situations To understand what are our own responsibilities and to know my shared and own responsibility in school, community and home. To understand our responsibility in caring for others and all living things <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 understand and recognise human rights, that are there to protect everyone. To understand the relationship between rights and responsibilities To know how we show care and concern for people and living things.
Week 3	<p>Keeping Healthy (Physically and Mental Wellbeing)</p> <ul style="list-style-type: none"> To understand what it means to be healthy, physically and healthy. To know how to keep healthy and to learn how to keep myself healthy physical and mentally 	<p>'Community'</p> <ul style="list-style-type: none"> To know and understand why look after our local environment, Bishop King. To know and understand why we keep safe in the local environment, Sincil Bank.

	<p>Mindfulness/Exploring Mental Health for Younger Children</p> <p>Can I recognise my own feelings?</p> <ul style="list-style-type: none"> • To understand how experiencing 'bad' feelings help me move forward. (Resilience) • To know that bad feelings don't last forever, but we must experience them to prevent us from feeling that way again. • To know who can help me and how can I help myself? 	<ul style="list-style-type: none"> • To know and understand why we look after our wider world. <p>Can I respect equality and to be a productive member of a diverse community?</p> <ul style="list-style-type: none"> • To understand the meaning of equality • To know how to show tolerance, respect and generosity to people in different community groups to me. • To understand how to listen and respond respectfully to transitions, beliefs and lifestyles. •
Week 4	<p>'Keeping Safe -Exploring First Aid'</p> <ul style="list-style-type: none"> • To understand and know how to keep safe at home. • To understand risk in simple everyday situations and what actions to take to minimise harm. 	<p>'Exploring Friendships'</p> <ul style="list-style-type: none"> • To know what makes a good friend? • To understand and know strategies to solve conflict between friends and where to seek support • To understand the feeling loneliness and know how to make friends <p>Can I understand how I might hurt others feelings?</p> <ul style="list-style-type: none"> • To understand how my actions and behaviours can hurt others. • To know how trust works in a relationship (including friendship) • To understand how trust can be broken and gained. • To understand the idea of self-respect and to know how to treat others respectfully. <p>Can I say what makes me feel worried and what I can do about it?</p> <ul style="list-style-type: none"> • To understand where to get advice and report concerns if worried about their own or someone else's personal safety (including online) • To know how to keep something confidential or secret and to know

		and understand when something confidential may need to be shared.
Week 5	<p>“My Safe Adult”</p> <ul style="list-style-type: none"> To know and understand who supports us I and out of school. To learn who in our community supports and keeps us safe. <p>‘How to contact people who help us in community’</p> <ul style="list-style-type: none"> To learn and know how to access help in an emergency (Including 999) To understand how to respect privacy and to know that some areas of our life and body are private. 	<p>‘How do I keep myself physically and emotionally safe?’</p> <ul style="list-style-type: none"> To know how to have the ability to say ‘no’ (Exploring Peer Pressure) To know what makes a ‘real’ friend. <p>Can I recognise risky and negative relationships?</p> <ul style="list-style-type: none"> How to recognise the feeling of comfortable and uncomfortable – what is acceptable and not acceptable <p><u>When to say ‘no’/ ‘I’ll tell’ –</u></p> <ul style="list-style-type: none"> To know that sometimes we have a responsibility to tell <p>Can I discuss how to keep my body safe?</p> <ul style="list-style-type: none"> To understand and know the meaning of Consent & To know how to have the ability to say ‘No’. To know unwanted own opinion of unwanted physical/ emotional contact and to know what strategies would we use.
Week 6	<p>‘Ourselves Growing and Changing’</p>	<p>My Support Network – (Review)’</p>
Week 7	<ul style="list-style-type: none"> To understand and know what makes them special and the ways in which we are all unique. To know what they are good at, what they like and dislike. To learn how to manage scenarios when things become difficult. 	<ul style="list-style-type: none"> To know which adults can help me? To know members of the community can help me? To know which friends can help me? To know could I help myself?

	<ul style="list-style-type: none">• To understand and know how does my body change as I grow? (Referring to RSE Unanswered Questions Y3&4)	
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