



Year 3			
Introductions		Setting ground rules for PSHE	A stand-alone introductory lesson outlining RSE and PSHE as a subject and exploring how to create a successful learning environment for these lessons.
Family and Relationships	Lesson 1	Healthy families	To understand that families love and support each other but sometimes problems can occur and help is available if needed.
	Lesson 2	Friendship conflict	To understand that friendships have ups and downs and that problems can be resolved.
	Lesson 3	Friendship: conflict versus bullying	To begin to understand the impact of bullying.
	Lesson 4	Effective communication	To listen and communicate effectively.
	Lesson 5	Learning who to trust	To understand why trust is an important part of positive relationships
	Lesson 6	Respecting differences in others	To begin to understand the differences between people and why it is important to respect those differences.
	Lesson 7	Stereotyping: Gender	To recognise the stereotypes that are present in everyday life.
	Lesson 8	Stereotyping: Age	To recognise that stereotypes exist based on a number of factors.
Health and Wellbeing	Lesson 1	My healthy diary	To understand and plan for a healthy lifestyle including physical activity, rest and diet.
	Lesson 2	Relaxation: stretches	To perform a range of relaxation stretches.
	Lesson 3	Wonderful me	To understand the different aspects of my identity.
	Lesson 4	My superpowers	To identify my own strengths and begin to see how they can affect others.
	Lesson 5	Resilience: breaking down barriers	To break down barriers into smaller, achievable goals.



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	Lesson 6	Communicating my feelings	To recognise when I give consent.
	Lesson 7	Diet and dental health	To understand the benefits of healthy eating and dental health.
Safety and the changing body	Lesson 1	First Aid: Emergencies and calling for help.	To understand the role I can take in an emergency situation.
	Lesson 2	First Aid: Bites and stings	To understand how to help if someone has been stung or bitten.
	Lesson 3	Be kind online	To understand the importance of being kind online and what this looks like.
	Lesson 4	Cyberbullying	To understand that involves being unkind online.
	Lesson 5	Fake emails	To understand that not all emails are genuine.
	Lesson 6	Making choices	To understand the choices people can make and those which are made by others.
	Lesson 7	Influences	To begin to understand who and what can influence decisions.
	Lesson 8	Keeping safe out and about	To develop an understanding of safety on or near roads.
Citizenship	Lesson 1	Rights of the child	To begin to understand the UN convention on the rights of the child.
	Lesson 2	Rights and responsibilities	To understand the responsibilities of both children and adults to help all children benefit from their rights.
	Lesson 3	Recycling	To understand the environmental benefits of recycling.
	Lesson 4	Local community groups	To understand the groups which make up the community.
	Lesson 5	Charity	To understand that charities care for others and how people can support them.



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	Lesson 6	Local democracy	To begin to understand how democracy works in the local area.
	Lesson 7	Rules	To understand why we have rules and the consequences of breaking rules at school and home.
Economic Wellbeing	Lesson 1	How can we pay for something?	To understand the different ways to pay for things and why people might choose them.
	Lesson 2	Budgeting	To understand how to put together a budget.
	Lesson 3	Understanding our feelings about money	To recognise that money has an impact on how we feel.
	Lesson 4	Impact of spending	To begin to understand how ethics can influence our spending decisions.
	Lesson 5	Career quest	To understand that there are a range of jobs available and to think about what jobs they might want to do.
	Lesson 6	Can anyone be anything?	To understand that there are stereotypes in workplaces and these should not limit peoples career aspirations.
Transition lesson			Helping Year 3 children prepare for the transition to Year 4 and the changes that come with this.