

Y3 PSHE CURRICULUM

3	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	<p>To understand how families can look different, but they all offer love, security and stability</p> <p>To explore ways to strengthen bonds within families and the importance of sharing each other's loves</p>	<p>Understand the importance of friendships; strategies to build positive friendships and how these friendships can support wellbeing</p> <p>Understand how people choose and make friends and the benefits of having different types of friends</p>	<p>Begin to understand the advice for keeping safe online</p> <p>To understand that the same principles apply to online relationships as real life ones</p>	<p>To consider touch and to know that a person has the right to say what they like and dislike (permission giving and seeking)</p> <p>To understand how stereotypes can be unfair, negative or destructive</p>	<p>To understand the importance of not keeping adult's secrets (unless a surprise birthday party or similar)</p> <p>Learn some basic techniques for resisting pressure to do something they do not want to do, and which makes them feel unsafe</p>	<p>Discuss what isolation and loneliness is, how can it effect children and the importance of talking about their feelings</p> <p>Understand the benefits of physical exercise, time outdoors, community participation etc, on well-being and happiness</p>
Vocabulary	<p>acquaintances, actions, alternatives, anonymous, anti-bullying, arguments, behaviour, bully, bullying, care, choices, complimenting, compromise, conflict, consideration, cyber, dares, decisions,</p>	<p>differences, discrimination, disputes, diversity, equality, equity, falling-out, families, family, friends, friendship, healthy, help, hobbies, honest, impact, important, interests, kindness, loyal, negotiation, opinions, physical,</p>	<p>prejudice, prejudiced, reflect, relationship, relatives, resolution, resolving, respect, self-preservation, strategies, support, support, network, teasing, techniques, thought, unhealthy, victim, views, VIPs</p>	<p>achieve, actions, attitude, behaviours, benefit, body language, change, collaboratively, communication, compromise,</p>	<p>conflict, consequences, considerate, dispute, effect, emotion, facial expression, feelings, goals, group, helpful,</p>	<p>impact, individuals, interpret, listening, negotiation, reflect, resolution, resolve, responding, responsibility, ripple, scenarios, team, teammates, teamwork, transition, unhelpful</p>
Skills	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – To understand the mental and physical benefits of an active lifestyle. To understand the importance of building regular exercise into their routines and some ways to achieve this.</p> <p>Internet Safety – To begin to understand that the internet is an integral part of life and has many benefits. Begin to understand that information found online may not be true</p> <p>Healthy Eating – Begin to understand that different food offers different nutritional content.</p> <p>Basic first Aid - Understand how a bite or sting may present, how to treat the ailment and how to seek further medical support.</p> <p>Health and Prevention - Recognise that light from the sun can be dangerous and ways to protect against it. Understand the importance of good dental hygiene and regular checkups at the dentist. To begin to understand how lack of sleep can have negative effects on your health.</p> <p>Drugs, Alcohol and Tobacco - Why people smoke. Physical effects of smoking Smoking and society.</p>			<p>Sex and Relationship Education</p> <p>To explore the differences between males and females and to name the body parts.</p>		
						