

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Me, my friends and belonging</p> <p>This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.</p> <p>Suggested lessons:</p> <p><u>Personal identity</u> – KS2 L1: Personal identity</p> <p><u>Medway: Changing and growing up</u> – Y3 L1: What makes a good friend L2: Falling out with friends</p> <p><u>Belonging and community</u> – Y3-4 L2: Belonging to a community</p>	<p>Mental health and wellbeing</p> <p>Building on the learning in year 2, this unit develops pupils’ bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.</p> <p>Suggested lessons:</p> <p><u>Foundations for Wellbeing</u> – Y3 L1: Exploring emotions L2: Understanding distraction L3: Managing thoughts and emotions L4: Managing worries L5: Managing responses</p>	<p>Building healthy habits</p> <p>This unit develops pupils’ understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.</p> <p>Suggested lessons:</p> <p><u>Food for thought</u> – KS2 L1: Healthier eating and drinking habits L2: Healthier eating choices and influences L3: Ready, set, cook!</p> <p><u>Dental health</u> – KS2 L1: Exploring dental health</p> <p>Physical activity lesson</p>	<p>Making choices online</p> <p>This unit explores how to protect information online and make choices about online content, including understanding age ratings.</p> <p>Suggested lessons:</p> <p><u>NSCS: CyberSprinters</u> – KS2 L1: Creating and managing passwords L2: Protecting your devices</p> <p><u>BBFC: Let’s watch a film</u> – KS2 L1: What can we watch? L2: Can we choose what to watch?</p> <p>Paying to play lesson</p> <p>Beyond Gender Stereotypes</p>	<p>Keeping safe out and about</p> <p>This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.</p> <p>Suggested lessons:</p> <p><u>Keeping safe: Sun safety</u> – KS2 L1: Managing risk in the sun</p> <p><u>Road and rail safety</u> – KS2 L4: Risks and keeping safe</p> <p><u>Environment agency</u> – KS2 L1: Canals and rivers L2: Flood alert!</p>	<p>Looking out for each other</p> <p>This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.</p> <p>Suggested lessons:</p> <p><u>St John’s Ambulance: First aid</u> – KS2 L1: Allergies L4: Bites and stings L7: Calling for help</p> <p><u>Foundations for Wellbeing:</u> Revisit the extension and embedding activities in year 3 lessons.</p>

Our schools deliver statutory and additional PSHE and RSHE content in ways that are appropriate for pupils’ ages and stages of development. We follow a spiral curriculum, meaning key themes are revisited regularly so that learning is reinforced and deepened over time.

Many topics appear in each year group, but always in an age-appropriate way. This approach builds on pupils’ existing knowledge and prepares them confidently for the next stage in their personal development.