**YEAR 3 – PSHE Curriculum**

**Red Links to SCARF**

**Blue Islington on Teacher Secure**

**Autumn 1 - Physical Health & Emotional Well Being**

Celebrating achievements and setting goals – The year ahead. **LESSON ONE Pupils learn about celebrating achievements and setting personal goals.**

Making mistakes and next steps - Independence and resilience. **LESSON THREE Pupils learn about positive ways to deal with set-backs.**

5 steps to emotional well being – Being physically Active, Sleeping well, Eating a healthy diet, Talking to others, Keep Learning!

**Autumn 2 - Keeping Safe and Managing Risk**

Who can help us if we’re are worried? Trusted adults who are they? Safe or unsafe.

About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. – Secret Or Surprise.

What to do if you witness bullying – see it, say it, stop it How Can We solve this Problem?

**LESSON TWO Pupils learn about different types of bullying and how to respond to incidents of bullying.**

Different types of bullying e.g. cyber bullying etc. As A Rule. None Of Your Buisness.

**Spring 1 - Healthy relationships**

Characteristics in positive relationships. - Practical steps they can take in a range of different contexts to improve or support respectful relationships. Family and Friends. Same Sex Couples.

The importance of self-respect and how this links to their own happiness -Boundaries in relationships. Respect and challenge. Let’s celebrate our differences.

An introduction to stereotypes - What a stereotype is, and how stereotypes can be unfair or negative. Zeb

**Spring 2 -Keeping our bodies safe**

Personal hygiene – Why is this important? About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing. Poorly Harold.

My body belongs to me -That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. Body Space.

Me and medicine – Staying Safe. Basic First Aid.

**Summer 1 - Physical Health & Well Being**

Importance of people who help us to stay healthy

Regular exercise in daily routines - The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise**. .LESSON THREE. Pupils learn about keeping active and some of the challenges of this.**

Healthy Eating - What constitutes a healthy diet (including beginning to understand calories and other nutritional content). Derek Cooks Dinner.

Risks associated with inactive lifestyle - The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) Body Team Work. Alcohol And Cigarettes.

**Summer 2**

**Mental Health & Emotional Well Being**

5 steps to emotional well being –

 How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others’ feelings.

Transition into year 4