

## Personal, Social, Health and Economic Education (PSHE) including Relationship and Sex Education (RSE) Yearly Overview

### Year 3

<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
<p><b>Mental health and emotional wellbeing: Strengths and challenges</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about celebrating achievements and setting personal goals</li> <li>• about dealing with put-downs</li> <li>• about positive ways to deal with set-backs</li> </ul> <p><b>KASE:</b> Engaged and Enthused, Reflective, Resilient</p>	<p><b>Drug, alcohol and tobacco education: Tobacco is a drug</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• the definition of a drug and that drugs (including medicines) can be harmful to people</li> <li>• about the effects and risks of smoking tobacco and second-hand smoke</li> <li>• about the help available for people to remain smoke free or stop smoking</li> </ul> <p><b>KASE:</b> Expert, Reflective</p>	<p><b>Identity, society and equality: Celebrating difference</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• Pupils learn about valuing the similarities and differences between themselves and others</li> <li>• Pupils learn about what is meant by community</li> <li>• Pupils learn about belonging to groups</li> </ul> <p><b>KASE:</b> Purposeful, Empathetic</p>
<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
<p><b>Physical health and wellbeing: What helps me choose?</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about making healthy choices about food and drinks</li> <li>• about how branding can affect what foods people choose to buy</li> <li>• about keeping active and some of the challenges of this</li> </ul> <p><b>KASE:</b> Reflective, Self-aware, Responsible</p>	<p><b>Keeping safe and managing risk: Bullying – see it, say it, stop it</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to recognise bullying and how it can make people feel</li> <li>• about different types of bullying and how to respond to incidents of bullying</li> <li>• about what to do if they witness bullying</li> </ul> <p><b>E-Safety: Recognise acceptable and unacceptable behaviour when using different technologies, who to report it to and how.</b></p> <p><b>KASE:</b> Reflective, Empathetic</p>	<p><b>Careers, financial capability and economic wellbeing: Saving, spending and budgeting</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what influences people's choices about spending and saving money</li> <li>• how people can keep track of their money</li> <li>• about the world of work</li> </ul> <p><b>KASE:</b> Responsible, Autonomous, Problem-solving</p>
<p><b>Emotion Vocabulary:</b> Self-motivated, empathy, self-worth, feeling 'blue', anxious, doubt, fear. (and Reception, Y1 and Y2 words)</p>	<p><b>Linked stories:</b> Teenie Weenie in a Too Big World - Margot Sunderland Ruby &amp; the Rubbish Bin – Margot Sunderland Beautiful Oops! Barney Saltzberg On Sudden Hill – Linda Sarah &amp; Benji Davies The Huge Bag of Worries – Virginia Ironside</p>	