

St Eanswythe's C of E Primary School



Year Three ~ PSHE

Medium Term Plan/Topic Breakdowns

This is a breakdown of suggested teaching points within our main curriculum umbrella.

(Highlighted points must be taught in order to hit statutory requirements)

As long as you are using the main term's theme, you may pick and choose what you would like to teach within it. This can be done through circle times, drama, class discussion or written work.

Term One: <i>Being Me</i>	Term Two: <i>Relationships and Family</i>	Term Three: <i>Celebrating Differences</i>	Term Four: <i>Healthy Me</i>	Term Five: <i>Citizenship and Economic well-being</i>	Term Six: <i>Changing Me</i>
<p><u>All about me:</u></p> <ul style="list-style-type: none"> • Wonderful Me – How can I raise my self-esteem • What makes me, me – exploring feelings/emotions <p><u>Understanding right from wrong:</u></p> <ul style="list-style-type: none"> • Kind and unkind choices e.g. 	<p><u>My family/ Different Families:</u></p> <ul style="list-style-type: none"> • Who cares about me? Family, communities, emergency services • Recognising and valuing 	<p><u>Physical Differences:</u></p> <ul style="list-style-type: none"> • Exploring disabilities and how it can effect/inspire (age-appropriate) • Celebrating differences and 	<p><u>Positive Mental Health e.g. Mindfulness:</u></p> <ul style="list-style-type: none"> • Mindfulness exercises/learning outdoors. • What does good mental health look like? • How do I cope with my anger? <p><u>Road Safety:</u></p>	<p><u>Why do we have rules?:</u></p> <ul style="list-style-type: none"> • Rewards and consequences, children Vs. Adults • Exploring Responsibilities 	<p><u>Difference between male and female parts:</u></p> <ul style="list-style-type: none"> • Re-visiting names of female/male body parts.

hurtful behaviours

- Do the right thing. Making choices in relation to social situations. (age appropriate)

special relationships.

Friendships:

- Am I a good friend?
Exploring own behaviours within friendships
- Solving friendship problems.
- Trust, appreciation, and 'safe/unsafe' secrets

similarities in the class.

Celebrating our own identity:

- We are not perfect: strengths and weaknesses
- Understanding feelings of success when things go right and how we cope when things go wrong.

Introducing stereotypes:

- Basic introduction to gender based stereotypes
- What is bullying?

- Why do we need to understand road safety?
- Different Road Crossings & Speed of roads.
- THINK! Online materials.

Exercise:

- This can be cross-curricular with P.E lessons. For example checking-in and out of P.E lessons. Have our emotions changed?
- How does exercise keep my body and my mind healthy?

Risks and Safety in local community:

- Exploring scenarios through drama. Safe and Unsafe situations in our community.

Staying Safe Online:

- SMART Approach

Introducing Government:

- How are rules in our country created?
- Who is our Prime Minister?

Recycling Responsibility:

- Why do we need to recycle?
- What can we do as a class to make a difference?

Charity/Charities:

- What is Charity?
- How can we show charity to others?

Different communities:

- Different places to live e.g. country Vs City. Village Vs. Town

Appropriate touch

- My body belongs to me.
- My space, My bubble.

Transition and changes in relation to moving up a class:

- What have I learnt this year?
- What have I got better at?
- What do I want to learn in my next class.
- How do I feel about my next class?
- Why do we need to move on?