

Year 3 National Curriculum objectives: Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. It will branch into areas of RE, English and assembly themes whilst also being taught in isolation in order to provide specific and focussed objectives.

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| <p><u>Year 3 Areas of study:</u> Citizenship Economic Wellbeing Families and Relationships Health and Wellbeing Safety and the Changing Body Transition</p> | <p><u>Families and Relationships</u> Family. Skills - Learning that problems can occur in families and that there is help available if needed. Knowledge - To know that I can talk to trusted adults or services such as Childline if I experience family problems. Friendships. Skills – Exploring ways to resolve friendship problems. Developing an understanding of the impact of bullying and what to do if bullying occurs. Knowledge - To know that bullying can be physical or verbal. To know that bullying is repeated, not a one-off event. To know that violence is never the right way to solve a friendship problem. Respectful Relationships. Skills - Identifying who I can trust. Learning about the effects of non-verbal communication. Exploring the negative impact of stereotyping. Knowledge -To know that trust is being able to rely on someone and it is an important part of relationships. To know the signs of a good listener. To understand that there are similarities and differences between people. To understand some stereotypes related to age.</p> |
| <p><u>Health and Wellbeing</u> Health and Prevention. Skills – Discussing why it is important to look after my teeth. To understand ways to prevent tooth decay. Physical Health and Wellbeing. Skills Learning stretches which can be used for relaxation. Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest. Knowledge - To understand the positive impact relaxation can have on the body. To know the different food groups and how much of each of them we should have to have a balanced diet. Mental Wellbeing. Skills - Exploring my own identity through the groups I belong to. Identifying my strengths and exploring how I use them to help others. Being able to breakdown a problem into smaller parts to overcome it. Knowledge - To understand the importance of belonging. To understand what being lonely means and that it is not the same as being alone. To understand what a problem or barrier is and that these can be overcome.</p> | <p><u>Safety and the Changing Body</u> Being Safe (including online) Skills - Exploring ways to respond to cyberbullying or unkind behaviour online. Developing skills as a responsible digital citizen. Identifying things people might do near roads which are unsafe. Beginning to recognise unsafe digital content. Knowledge - To understand that cyberbullying is bullying which takes place online. To know the signs that an email might be fake. To know the rules for being safe near roads. Drugs. Skills - Basic First Aid. Skills - Exploring that people and things can influence me and that I need to make the right decision for me. Exploring choices and decisions that I can make. Knowledge - To understand that other people can influence our choices</p> |
| <p><u>Citizenship</u> Skills – Exploring how children's rights help them and other children. Considering the responsibilities that adults and children have to maintain children's rights. Discussing ways we can make a difference to recycling rates at home/school. Identifying local community groups and discussing how these support the community. Knowledge - To understand the UN Convention on the Rights of the Child. To understand how recycling can have a positive impact on the environment. To know that the local council is responsible for looking after the local area. To know that elections are held where adults can vote for local councillors. To understand some of the consequences of breaking rules. To understand the role of charities in the community.</p> | <p><u>Economic Wellbeing</u> Skills - Discussing the range of feelings which money can cause. Discussing the different attitudes people have to money. Exploring the impact our spending can have on other people. Considering the advantages and disadvantages of different payment methods. Knowledge - To understand that there are different ways to pay for things. To know that budgeting money is important. To understand that there are a range of jobs available. To understand that some stereotypes can exist around jobs but these should not affect people's choices. Transition. Skills - Learning strategies to deal with change. Knowledge - To understand that change often brings about more opportunities and responsibilities.</p> |

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