

Year 3 – PSHE lessons

Autumn 1	Spring 1	Summer 1
<p><b>Mental health: friendship</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about similarities and differences between themselves and others</li> <li>2. about what makes a good friend</li> <li>3. about dealing with issues that might arise in friendships</li> </ol>	<p><b>Mental health: dealing with feelings</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about different emotions and how to manage these</li> <li>2. that people can experience conflicting emotions at different times, such as times of loss and change</li> <li>3. about the process of grief and bereavement</li> </ol>	<p><b>Fun, food and fitness: edible and active</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about the range of sources their food comes from</li> <li>2. that their food comes from a range of countries from around the world</li> <li>3. about some of the challenges people might experience around keeping physically active</li> </ol>
Autumn 2	Spring 2	Summer 2
<p><b>Keeping safe: What is bullying?</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. what bullying is, the different types of bullying and why it is unacceptable</li> <li>2. about recognising bullying</li> <li>3. about what to do if they witness or experience bullying</li> </ol>	<p><b>Drug, alcohol and tobacco education: What is a drug?</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. the definition of a drug and that drugs (including medicines) can be helpful or harmful</li> <li>2. about tobacco and its effects on the body</li> <li>3. about the help available for people to remain smoke free or quit smoking</li> <li>4. (optional/additional) that medicines can be used to manage and treat medical conditions and the importance of this being done correctly</li> </ol>	<p><b>Financial capability: saving, spending and borrowing</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about what influences people's choices about spending and saving money</li> <li>2. about why people might borrow money and that borrowed money must be paid back</li> <li>3. about different jobs that people do to earn money and the role of charities</li> </ol>