

Year 3 PSHE Long Term Overview			
Introductory lesson	<u>Introduction: Setting ground rules for RSE & PSHE lessons</u> 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.	Unit 1	<u>Y3 Families and relationships</u> 9 lessons Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist
	<u>Y3 Health and wellbeing</u> 8 lessons Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.		<u>Y3 Safety and the changing body</u> 9 lessons Learning about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence
Unit 4	<u>Y3 Citizenship</u> 8 lessons Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy	Unit 5	<u>Y3 Economic wellbeing</u> 7 lessons Introduction to budgeting, learning about the different paying methods, the emotional impact of money, the ethics of spending, potential jobs and careers and learning that anyone can aspire to anything.
Unit 6	<u>Year 3: Transition lesson</u> 1 lessons Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this		