

Year 3	PSHE Long Term Overview		
Introductory lesson	<p><u>Introduction: Setting ground rules for RSE & PSHE lessons</u> 1 lessons</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p>	Unit 1	<p><u>Y3 Families and relationships</u> 9 lessons</p> <p>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</p>
Unit 2	<p><u>Y3 Health and wellbeing</u> 8 lessons</p> <p>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.</p>	Unit 3	<p><u>Y3 Safety and the changing body</u> 9 lessons</p> <p>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</p>
Unit 4	<p><u>Y3 Citizenship</u> 8 lessons</p> <p>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</p>	Unit 5	<p><u>Y3 Economic wellbeing</u> 7 lessons</p> <p>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.</p>
Unit 6	<p><u>Year 3: Transition lesson</u> 1 lessons</p> <p>Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this</p>		