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|  | PSHE Learning Coverage Document – Year 3 |
| Y 3 | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **How can we be a good friend?** | **What keeps us safe?** | **What are families like?** | **What makes a community?** | **Why should we eat well and look after our teeth?** | **Why should we keep active and sleep well?** |
| Pupils learn to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relations, online relationships)**Pupils learn about the importance of friendships; strategies for building positive friendships.** **YEAR 2 Aut 1**Pupils learn what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness. Loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties)Pupils learn that mental health, just like physical health, is part of daily life; the importance of taking care of mental health. Pupils learn that spending time with friends can support mental health and wellbeing.Medway Public Health Directorate – Primary RSE lessons – What Makes a good Friend? | **Pupils learn how to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe. Pupils learn how to predict, assess and manage risk in different situations.** Pupils learn how to keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers. 1decision: Keeping/staying sageEnvironment agency canal and river safety lesson plans. | **Pupils learn how families differ from each other** (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents)**Pupils should learn how people within families should care for each other and the different ways they demonstrate this.**Equality book: The Great Big Book of Families by Mary Hoffman and Ros AsquithCoram Life Education – Adoptables Schools Toolkit | Pupils learn how they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groupsPupils learn what is meant by a diverse community; how different groups make up the wider/local community around school. Pupils will explain what is meant by a ‘diverse’ society in relation to the UK; explain the benefits of living in a diverse society; identify and demonstrate how they can value and celebrate diversity.Pupils learn how the community helps everyone to feel included and values the different contributions that people make.PSHE Association – Inclusion, belonging and addressing extremism – Lesson 2 Belonging to a CommunityPremier League Primary Stars – Diversity lesson plans and activities | **Pupils learn how to eat a healthy diet and the benefits of nutritionally rich foods. Pupils learn what makes a healthy diet and why this is important.**  **Pupils know how, when and where to ask for advice and help about healthy eating and dental care.**PSHE Association – Health Education: food choices, physical activity and balanced lifestylesNHS Change for Life Food Facts | Pupils learn how regular physical activity benefits bodies and feelings.PSHE Association – Health Education: food choices, physical activity and balanced lifestyles. |
| **Pupils learn that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences positively and safely.****Pupils learn how to recognise if others are feeling lonely and excluded and strategies to include them. Pupils learn how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support. YEAR 2 Aut 1**Medway Public Health Directorate – Primary RSE lessons – Falling out with friends | Pupils learn how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns Pupils learn what to do in an emergency, including calling for help and speaking to the emergency services. | Pupils learn how common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays**Pupils learn how to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe.** | Pupils consider our homes and what they mean to us. Pupils consider why people move home. Pupils learn how to be respectful to people who may live differently to them.Worcester University – Moving and moving homeEquality book: Two Monsters by David Mckee | **Pupils learn how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist.****Pupils learn about how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health.**Pupils know how, when and where to ask for advice and help about healthy eating and dental care.Pupils learn about how people make choices about what to eat and drink, including who or what influences these.PSHE Association – Dental Health | Pupils learn how to be active on a daily and weekly basis – how to balance time online with other activities.Pupils learn how to seek support in relation to physical activity.Pupils learn how a lack of physical activity can affect health and wellbeing.PSHE Association – Health Education: food choices, physical activity and balanced lifestyles. |
| **Pupils learn about the impact of bullying, including offline. YEAR 2 Aut 2**Rising Stars: Unit 3.2 We are digital friends | Pupils learn how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibily)PSHE Association – Drug and Alcohol Education (Year 3-4) and Lifebuoy ‘Soaper Heroes’ lesson plans. | Rising Stars: Unit 3.3 We are internet detectives | Pupils will learn about some of the different ways information and data is shared and used online…Pupils will learn what is meant by ‘digital footprint.’Rising Stars: Unit 3.4 We are aware of our digital footprint | Pupils will learn …that everyone…including them…should expect to be treated politely and with respect by others…including when online…Rising Stars: Unit 3.5 We are Netiquette Experts | Rising Stars: We are Avatar Creators |
|  | LEARNING TO BE TIMETABLED IN ADDITION TO THE FORTNIGHTLY CYCLE |
|  |  |  |  |  |  | **Recap and build on from Y2.** **Pupils learn to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private**- Medway Public Health Directive Primary RSE Lessons (KS1)- NSPCC PANTS (The Underwear Rule) |