



Peel Hall Primary School

PSHE Year 3 Overview

Introduction – Autumn 1	Families and Relationships – Autumn 1	Health and Wellbeing – Autumn 2	Economic Wellbeing – Spring 1
<ul style="list-style-type: none"> To begin to understand what PSHE education (or the name used in your school) is and how we can learn effectively in these lessons. Teacher to briefly explain the different areas of learning through the year. Explain some rules to help everyone learn, kindness and respect, listening to others. Introduce the class floor book and take a photo of the class for the front cover. Explain different ways to show our learning through photographs, pictures etc. 	<ul style="list-style-type: none"> Understand that families are all different. Know that families offer each other support but sometimes they can experience problems. Understand that problems occur in friendships and that violence is never right. Understand what bullying is and what to do if it happens. Describe what a good listener is and know how to show that they are listening. Say who they trust and why. Understand that people can have similarities and differences and explain how differences can be a positive thing. Understand how toys can reinforce gender stereotypes. Understand that stereotypes arise from a range of factors, including some of those associated with age. 	<ul style="list-style-type: none"> Understanding what types of activities are energetic and what foods provide high-energy. Understand what impact relaxation stretches have on the body when feeling worried or angry. Understand the different aspects of my identity. Identify their own strengths and that they can help other people. Describe how they would break a problem down into small, achievable goals. Understand the benefits of healthy eating and dental health. 	<ul style="list-style-type: none"> Describe how different payment methods may be used in given scenarios. Suggest why specific payment methods might be more beneficial. Explain what a budget is and how we can benefit from budgeting. Identify how they would feel in a money scenario. Understand the impact our spending choices can have on others and the environment. Understand that a wide range of jobs are available. Know that skills and interests lead people to certain jobs. Know that job stereotypes sometimes exist but these should not limit anyone.
Citizenship – Spring 2	Safety and the Changing Body – Summer 1	Reflection and Transition – Summer 2	Themed Weeks
<ul style="list-style-type: none"> Explain that children have rights and how these benefit them. Explain the responsibilities adults have for supporting children's rights. Discuss the benefits of recycling. Recognise some of the different groups within the local community and how they use local buildings. Explain how charities support the local community. Describe how democracy works locally and how this affects us. Recognise the need for rules and the consequences of breaking rules. 	<ul style="list-style-type: none"> Show an understanding that they must consider their own safety before helping others in an emergency situation. Understand how to help someone who has been bitten or stung. Create a decision tree showing how to deal with unkind online behaviour and cyberbullying. Understand types of messages received when online playing games and what the impact could be. Know what to do and what not to do to. 	<ul style="list-style-type: none"> Reflecting of the learning in PSHE over the Year. Understand their own strengths and to prepare for their move to a new class Understand that everyone has different strengths. Explain some skills they have developed in Year 3. Identifying positives and challenges of moving to a new class. 	<ul style="list-style-type: none"> Me and my family – Coffee morning/Assembly Healthy eating – Health Visits (ORGANISE WITH HEALTH) Money Week – ORGANISE ???? Health Talks – ORGANISE WITH HEALTH) Transition Week – Photos, visits