

Heritage Park Primary School

PSHCE Scheme of Work – Year 3

Autumn 1	Spring 1	Summer 1
<p><u>Myself & My Relationships</u> <u>Beginning and Belonging</u></p> <ul style="list-style-type: none"> • What is my role in helping my school be a place where we can learn happily and safely? • How can we build relationships in our class and how does this benefit me? • What does it feel like to be new or to start something new? • How can I help children and adults feel welcome in school? • What helps me manage a new situation or learn something new? • Who are the different people in my network who I can ask for help? 	<p><u>Citizenship</u> <u>Diversity and Communities</u></p> <ul style="list-style-type: none"> • What have we got in common and how are we different? • How might others’ expectations of girls and boys affect people’s feelings and choices? • How are our families the same and how are they different? • Do people who live in my locality have different traditions, cultures and beliefs? • How does valuing diversity benefit everyone? • Why are stereotypes unfair and how can I challenge them? • How do people in my locality benefit from being part of different groups? • What are the roles of people who support others with different needs in my community? • How does the media work in my community? • How can we care for the local environment and what are the benefits? • What do animals need, and what are our responsibilities? 	<p><u>Healthy & Safer Lifestyles</u> <u>Drug Education</u></p> <ul style="list-style-type: none"> • What medical & legal drugs do I know about, and what are their effects? • Who uses and misuses legal drugs? • Why do some people need medicine and who prescribes it? • What are immunisations and have I had any? • What are the safety rules for storing medicine and other risky substances? • What should I do if I find something risky, like a syringe? • What do I understand about how friends and the media persuade and influence me?
Autumn 2	Spring 2	Summer 2
<p><u>Myself & My Relationships</u> <u>Family and Friends</u></p> <ul style="list-style-type: none"> • How do good friends behave on and offline and how do I feel as a result? • What is a healthy friendship and how does trust play an essential part? • What skills do I need for choosing, making and developing friendships and how effective are they? 	<p><u>Healthy & Safer Lifestyles</u> <u>Personal Safety</u></p> <ul style="list-style-type: none"> • How do I recognise my own feelings and communicate them to others? • Which school/classroom rules are about helping people to feel safe? • Can I recognise when my Early Warning Signs are telling me I don’t feel safe? 	<p><u>Healthy & Safer Lifestyles</u> <u>Healthy Lifestyles</u></p> <ul style="list-style-type: none"> • What does healthy eating and a balanced diet mean? • What is an active lifestyle and how does it help me to be healthier? • What is mental wellbeing and how is it affected by my physical health?

<ul style="list-style-type: none"> • How can I help to resolve disagreements positively by listening and compromising? • Can I empathise with other people in a disagreement? • How can I check with my friends that their personal boundaries have not been crossed? • How do my family members help each other to feel safe and secure even when things are tough? • Who is in my network of special people now and how do we affect and support each other? 	<ul style="list-style-type: none"> • What qualities do trusted adults and trusted friends have? • Who is on my network of support and how can I ask them for help? • What could I do if I feel worried about a friendship or family relationship? • What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? • How can I decide if a secret is safe or unsafe? • How can I keep safe online? 	<ul style="list-style-type: none"> • How much sleep do I need & what happens if I don't have enough? • How do nutrition and physical activity work together? • How can I plan and prepare simple, healthy meals safely? • How can I look after my teeth and why is it important? • Who is responsible for my lifestyle choices and how are these choices influenced?
<p><u>Myself & My Relationships</u> <u>Anti-bullying</u></p> <ul style="list-style-type: none"> • How are falling out and bullying different? • How do people use power when they bully others? • What are the key characteristics of different types of bullying? • How can lack of respect and empathy towards others lead to bullying? • What is the difference between direct and indirect forms of bullying? • What are bystanders and followers and how might they feel? • Do I understand that bullying might affect how people feel for a long time? • How can I support people I know who are being bullied by being assertive? • How does my school prevent bullying and support people involved? 	<p><u>Healthy & Safer Lifestyles</u> <u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • How are male and female bodies different and what are the different parts called? • When do we talk about our bodies, how they change, and who do we talk to? • What can my body do and how is it special? • Why is it important to keep myself clean? • What can I do for myself to stay clean and how will this change in the future? • How do different illnesses and diseases spread and what can I do to prevent this? 	