

# St Eanswythe's C of E Primary School



## Year Three ~ PSHE

### Medium Term Plan/Topic Breakdowns

This is a breakdown of suggested teaching points within our main curriculum umbrella.

**(Highlighted points must be taught in order to hit statutory requirements)**

As long as you are using the main term's theme, you may pick and choose what you would like to teach within it. This can be done through circle times, drama, class discussion or written work.

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| <p><u>Term One: <i>Being Me</i></u></p> <p><u>All about me:</u></p> <ul style="list-style-type: none"> <li>• Wonderful Me – How can I raise my self-esteem</li> <li>• What makes me, me – exploring feelings/emotions</li> </ul> <p><u>Understanding right from wrong:</u></p> | <p><u>Term Two: <i>Relationships and Family</i></u></p> <p><u>My family/ Different Families:</u></p> <ul style="list-style-type: none"> <li>• Who cares about me? Family, communities, emergency services</li> </ul> | <p><u>Term Three: <i>Celebrating Differences</i></u></p> <p><u>Physical Differences:</u></p> <ul style="list-style-type: none"> <li>• Exploring disabilities and how it can effect/inspire (age-appropriate)</li> </ul> | <p><u>Term Four: <i>Healthy Me</i></u></p> <p><u>Positive Mental Health e.g. Mindfulness:</u></p> <ul style="list-style-type: none"> <li>• Mindfulness exercises/learning outdoors.</li> <li>• What does good mental health look like?</li> <li>• How do I cope with my anger?</li> </ul> | <p><u>Term Five: <i>Citizenship and Economic well-being</i></u></p> <p><u>Rules:</u></p> <ul style="list-style-type: none"> <li>• Rewards and consequences, children Vs. Adults</li> <li>• Exploring Responsibilities</li> </ul> | <p><u>Term Six: <i>Changing Me</i></u></p> <p><u>Difference between male and female parts:</u></p> <ul style="list-style-type: none"> <li>• Re-visiting names of female/male body parts.</li> </ul> |
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- Kind and unkind choices e.g. hurtful behaviours
- Do the right thing. Making choices in relation to social situations. (age appropriate)

- Recognising and valuing special relationships.

Friendships:

- Am I a good friend?  
Exploring own behaviours within friendships
- Solving friendship problems.
- Trust, appreciation, and 'safe/unsafe' secrets

- Celebrating differences and similarities in the class.

Celebrating our own identity:

- We are not perfect: strengths and weaknesses
- Understanding feelings of success when things go right and how we cope when things go wrong.

Introducing stereotypes:

- Basic introduction to gender based stereotypes
- What is bullying?

Exercise:

- This can be cross-curricular with P.E lessons. For example checking-in and out of P.E lessons. Have our emotions changed?
- How does exercise keep my body and my mind healthy?

Risks and Safety in local community:

- Exploring scenarios through drama. Safe and Unsafe situations in our community.

Staying Safe Online:

- Suitable Websites for age-appropriate play
- What to do if something

Recycling Responsibility:

- Why do we need to recycle?
- What can we do as a class to make a difference?

Charity/Charities:

- What is Charity?
- How can we show charity to others?

Different communities:

- Different places to live e.g. country Vs City. Village Vs. Town

Appropriate touch:

- My body belongs to me.
- My space, My bubble.

Transition and changes in relation to moving up a class:

- What have I learnt this year?
- What have I got better at?
- What do I want to learn in my next class.
- How do I feel about my next class?
- Why do we need to move on?

negative takes  
place online.

- Do not share  
personal  
information -  
keep yourself  
safe!