


Year 3 PSHE Overview

Autumn Term 1	Spring Term 1	Summer Term 1
Theme: Drug, alcohol and tobacco education Focus: Tobacco is a drug	Theme: Physical health and wellbeing Focus: What helps me choose?	Theme: Mental health and emotional wellbeing Focus: Strengths and challenges
Children learn about: <ul style="list-style-type: none"> • The definition of a drug and that drugs (including medicines) can be harmful to people. • The effects and risks of smoking tobacco and second-hand smoke. • The help available for people to remain smoke free or stop smoking. Asthma lesson <ul style="list-style-type: none"> • Medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use. 	Children learn about: <ul style="list-style-type: none"> • Making healthy choices about food and drinks. • How branding can affect foods people choose to buy. • Keeping active and some of the challenges of this. 	Children learn about: <ul style="list-style-type: none"> • Celebrating achievements and setting personal goals. • Dealing with put-downs. • Positive ways to deal with setbacks.
Autumn Term 2	Spring Term 2	Summer Term 2
Theme: Keeping safe and managing risks Focus: Bullying- see it, say it, stop it	Theme: Identity, society and equality Focus: Celebrating difference	Theme: Careers, financial capability and economic wellbeing Focus: Saving, spending and budgeting
Children learn about: <ul style="list-style-type: none"> • Recognising bullying and how it can make people feel. • Different types of bullying and how to respond to incidents of bullying. • What to do if they witness bullying.  	Children learn about: <ul style="list-style-type: none"> • Valuing the similarities and differences between themselves and others. • What is meant by community. • Belonging to groups. 	Children learn about: <ul style="list-style-type: none"> • What influences peoples choices about spending and saving money. • How people can keep track of their money. • The world of work.
<u>Year 3 Key Vocabulary:</u> Lifestyle, choices, health, healthy, wellbeing, balanced diet, choices, influence, media, images, achievements, aspirations, goals, strengths, weakness, emotions, feelings, change, transition, loss, separation, divorce, bereavement, risk, danger, hazard, responsibility, safety, bacteria, virus, hygiene, pressure, emergency, habits, drugs, alcohol, tobacco, medicine, puberty, physical, emotional, safety, online, personal, online, images, password, advice, support, family, couples, actions, behaviour, consequence, contact, acceptable, unacceptable, secrets, stereotypes, male, female, body parts, vagina, penis, family, fostering, adoption, relationships.		

Please note: The red flag symbol demarcates themes directly related to safeguarding pupils.

