



PSHE inc RSE – Year 3	Autumn	Spring	Summer
<p>In LKS2 we will be covering the eight key areas of our PSHE inc RSE curriculum taken from our agreed Ironstone Academy Trust PSHCE inc relationships and sex education programme of study.</p> <ol style="list-style-type: none"> 1. Relationship 2. My Body and my health 3. Life Cycles 4. Keeping safe and looking after myself 5. People who help me 6. Feelings & Attitudes 7. Mental Wellbeing 8. Living in Our World* <p>The above structure is to be used as a guide to show the coverage across the year although should remain flexible to allow for high quality, trustworthy discussions to take place responding to the current needs of the children throughout the year.</p> <p>Key events linked to the subject are also included across the year e.g. Mental Health Week</p>	<ul style="list-style-type: none"> • Why does a country with lots of different cultures and customs an interesting and lively place to live? • How can I make up with someone if we've fallen out? • What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable? · • How do I know if I'm being bullied? (Anti Bullying Week) • What do I do if I'm being bullied? · (Anti Bullying Week) • How can I be a good friend? (Y&T4) • What are the characteristics of a good friendship? · (Y&T4) 	<ul style="list-style-type: none"> • How do different animals look after their babies before and after birth? · • How do different animals have babies? · • What does a new baby need to be happy and healthy? • What new things do we have to think about to keep us safe now we are in the juniors (road safety, online, personal responsibility)? • Why are some children growing quicker than others? · • What is the difference between prescription and non-prescription medicines? · • What are the benefits of an active lifestyle and why? · • Why is sleep so important? • Why do friendships change? <p>Why can it be fun to have friends who are different to me?</p> <ul style="list-style-type: none"> • Who can I talk to if I feel anxious or unhappy? · (Y&T9) • What does it mean to trust someone? • How do I know how other people are feeling? · 	<ul style="list-style-type: none"> • What is a scale of emotion? · • How do my emotions affect my behaviours? · • What are MY self-care techniques? How do I know when I need them? (Y&T 3) • What are good habits for looking after my growing body? · • What is respect – and how do I show it – especially if they are very different to me? · • Why should I be respected – and be respected by others? • What is a democracy and how do we know we are part of one?