 **Subject Overview - PSHE inc. RSE Year Group: Year Three Zetland Primary School**

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| PSHE inc. RSE – Year Three | Autumn | Spring | Summer |
| In Year Three, we will be covering the eight key areas of our PSHE inc RSE curriculum taken from our agreed Ironstone Academy programme of study.1. Relationships
2. My body and my health
3. Life cycles
4. Keeping safe and looking after myself
5. People who help me
6. Feelings and attitudes
7. Mental wellbeing
8. Living in our world
 | **Autumn 1:****Relationships**

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| Why do friendships change? How can I be a good friend? What are the characteristics of a good friendship? Why can it be fun to have friends who are different to me? How do I know if I’m being bullied? What do I do if I’m being bullied? How can I make up with someone if we’ve fallen out?  |

**Living in Our World**

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| Why does a country with lots of different cultures and customs an interesting and lively place to live? What is a democracy and how do we know we are part of one?  |

**Autumn 2:****Feelings and attitudes**

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How do I know how other people are feeling? 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?  | **Spring 1:****Mental Wellbeing**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? **Spring 2:****People who help me**Who can I talk to if I feel anxious or unhappy? What does it mean to trust someone?  | **Summer 1:****Life Cycles**

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| 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?  |

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**Summer 2:****Keeping safe and looking after myself**What are good habits for looking after my growing body? What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable? What new things do we have to think about to keep us safe now we are in the juniors (road safety, online, personal responsibility)? **My Body and My Health**

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|  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?  |

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