



# Year 3 Curriculum overview

## Year Group Curriculum Overview

Year 3 - PSHE		
Autumn 1	Spring 1	Summer 1
<p><b>Keeping safe and managing risk: Bullying</b> - see it, say it, stop it 🚩</p> <p><u>Pupils learn:</u></p> <ul style="list-style-type: none"> <li>to recognise bullying and how it can make people feel</li> <li>about different types of bullying and how to respond to incidents of bullying</li> <li>about what to do if they witness bullying</li> </ul>	<p><b>Drug, alcohol and tobacco education: Tobacco is a drug</b></p> <p><u>Pupils learn:</u></p> <ul style="list-style-type: none"> <li>the definition of a drug and that drugs (including medicines) can be harmful to people</li> <li>about the effects and risks of smoking tobacco and secondhand smoke</li> <li>about the help available for people to remain smoke free or stop smoking</li> </ul> <p><u>Asthma lesson for Year 2, 3 or 4</u></p> <ul style="list-style-type: none"> <li>that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</li> </ul>	<p><b>Physical health and wellbeing: What helps me choose?</b></p> <p><u>Pupils learn:</u></p> <ul style="list-style-type: none"> <li>about making healthy choices about food and drinks</li> <li>about how branding can affect what foods people choose to buy about keeping active and some of the challenges of this</li> </ul>
Autumn 2	Spring 2	Summer 2
<p><b>Mental health and emotional wellbeing: Strengths and challenges</b></p> <p><u>Pupils learn:</u></p> <ul style="list-style-type: none"> <li>about celebrating achievements and setting personal goals</li> <li>about dealing with put-downs</li> <li>about positive ways to deal with set-backs</li> </ul>	<p><b>Identity, society and equality: Celebrating difference</b></p> <p><u>Pupils learn:</u></p> <ul style="list-style-type: none"> <li>Pupils learn about valuing the similarities and differences between themselves and others</li> <li>Pupils learn about what is meant by community</li> <li>Pupils learn about belonging to groups</li> </ul>	<p><b>Sex and relationship education: Valuing Difference and Keeping Safe</b> 🚩</p> <p><u>Pupils learn:</u></p> <ul style="list-style-type: none"> <li>differences and similarities between males and females</li> <li>about understanding personal space</li> <li>that all families are different and have different family members</li> </ul>

Year 3- PSHE

Autumn 1

Keeping safe and managing risk  
Bullying - see it, say it, stop it



Spring 1

Drug, alcohol and tobacco education  
Tobacco is a drug



Summer 1

Physical health and wellbeing  
What helps me choose?



Autumn 2

Mental health and emotional  
wellbeing Strengths and challenges



Spring 2

Identity, society and equality  
Celebrating difference



Summer 2

Sex and relationship education  
Valuing Difference and Keeping  
Safe

