

Year 3 – PSHE lessons		
Autumn 1	Spring 1	Summer 1
<p>Mental health: friendship</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about similarities and differences between themselves and others 2. about what makes a good friend 3. about dealing with issues that might arise in friendships 	<p>Mental health: dealing with feelings</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about different emotions and how to manage these 2. that people can experience conflicting emotions at different times, such as times of loss and change 3. about the process of grief and bereavement 	<p>Fun, food and fitness: edible and active</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the range of sources their food comes from 2. that their food comes from a range of countries from around the world 3. about some of the challenges people might experience around keeping physically active
Autumn 2	Spring 2	Summer 2
<p>Keeping safe: What is bullying?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. what bullying is, the different types of bullying and why it is unacceptable 2. about recognising bullying 3. about what to do if they witness or experience bullying 	<p>Drug, alcohol and tobacco education: What is a drug?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. the definition of a drug and that drugs (including medicines) can be helpful or harmful 2. about tobacco and its effects on the body 3. about the help available for people to remain smoke free or quit smoking 4. (optional/additional) that medicines can be used to manage and treat medical conditions and the importance of this being done correctly 	<p>Financial capability: saving, spending and borrowing</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about what influences people's choices about spending and saving money 2. about why people might borrow money and that borrowed money must be paid back 3. about different jobs that people do to earn money and the role of charities