



Manor Drive Primary Academy

PSHE Curriculum

Year 3

Block One

PSHE

Relationships: Respecting Self & Others

Recognising respectful behaviour; the importance of self-respect; courtesy and being polite; dares

- To recognise respectful behaviours, e.g helping or including others, being responsible
- How to model respectful behaviour in different situations, e.g. at home, at school, online
- The importance of self-respect and their right to be treated with respect by others
- What it means to treat others, and be treated, politely
- The ways in which people show respect and courtesy in different cultures and in wider society

PSHE

Health and Wellbeing: Physical & Mental Health

Health choices and habits; what affects feelings; expressing feelings

- About the choices that people make in daily life that could affect their health
- To identify healthy and unhealthy choices (e.g. in relation to food, sleep and exercise)
- What can help people to make healthy choices and what might negatively influence them

<https://pshe-association.org.uk/curriculum-and-resources/resources/ks1-2-health-education-food-choices-physical>

PSHE

Living in the Wider World: Belonging to a Community
Values of rules and laws; rights, freedoms and responsibilities

- The reasons for rules and laws in wider society
- The importance of abiding by the law and what might happen if rules and laws are broken
- What human rights are and how to protect them
- To identify basic examples of human rights, including the rights of children

<https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>

Block Two

PSHE

Relationships: Safe relationships

Personal boundaries; safely responding to others; the impact of hurtful behaviour

- What is appropriate to share with friends, classmates, family and wider social groups, including online
- About what privacy and personal boundaries are, including online
- Basic strategies to keep themselves safe online, e.g. passwords, using trusted sites, adult supervision
- That bullying and hurtful behaviour is unacceptable in any situation
- About the effects and consequences of bullying for the people involved

PSHE

Health and Wellbeing: Growing and Changing
Personal strengths and achievements; managing and reframing setbacks

- That everyone is an individual and has unique and valuable contributions to make
- Recognise how strengths and interests form part of a person's identity
- How to identify their own personal strengths and interests and what they're proud of (in and out of school)

<https://plprimarystars.com/resources/self-esteem>

PSHE

Living in the Wider World

Sustainability of the environment across the world

- Identify what the earth's resources are used for (electricity, heating, food, paper, fuel etc)
- Limited supplies
- Recognise that if one group of people use all the resources there's not enough for others
- Describe/demonstrate what can be done in school to help environmental stability (recycling, saving water, composting, saving energy)
- Link to Fair Trade
- Suggestions as to how can make a difference to local and world-wide environmental issues.

Block Three

PSHE

Relationships: Friends and family

What makes a family; features of family life

- To recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents
- That being part of a family provides support, stability and love
- About the positive aspects of being part of a family, such as spending time together and caring for each other
- About the different ways that people can care for each other, e.g. giving encouragement or support in times of difficulty

<https://www.coramlifeeducation.org.uk/adoptables/>

PSHE

Health and Wellbeing: Keeping safe

Risks and hazards; safety in the local environment and unfamiliar places

- How to identify typical hazards at home and in school
- How to predict, assess and manage risk in everyday situations, e.g. crossing the road, running in the playground, in the kitchen
- About fire safety at home, including the need for smoke alarms

PSHE

Living in the Wider World: Money and work

Different jobs and skills; job stereotypes; setting personal goals

- About jobs that people may have from different sectors, e.g. teachers, business people, charity work
- That people can have more than one job at a time or over a lifetime
- About common myths and gender stereotypes related to work
- To challenge stereotypes through examples of role models in different fields of work, e.g. women in STEM roles

<https://primary-careers.careersandenterprise.co.uk/resources/linking-career-related-learning-pshe>

Block Four

PSHE

Relationships: Respecting Self & Others

Recognising respectful behaviour; the importance of self-respect; courtesy and being polite; dares

Retrieval

- To recognise respectful behaviours, e.g helping or including others, being responsible
- How to model respectful behaviour in different situations, e.g. at home, at school, online
- The importance of self-respect and their right to be treated with respect by others
- What it means to treat others, and be treated, politely
- The ways in which people show respect and courtesy in different cultures and in wider society

New learning

- Explain what a 'dare' is and describe feelings associated with dares
- 'Dares' that are ok and those that are not
- Persuasive language that can be used
- Demonstrate how to say 'no' and who they can talk to

PSHE

Health and Wellbeing: Physical & Mental Health
Health choices and habits; what affects feelings; expressing feelings

Retrieval

- About the choices that people make in daily life that could affect their health
- To identify healthy and unhealthy choices (e.g. in relation to food, sleep and exercise)
- What can help people to make healthy choices and what might negatively influence them

New learning

- About habits and that sometimes they can be maintained, changed or stopped

<https://pshe-association.org.uk/curriculum-and-resources/resources/ks1-2-health-education-food-choices-physical>

PSHE

Living in the Wider World: Belonging to a Community
Values of rules and laws; rights, freedoms and responsibilities

Retrieval

- The reasons for rules and laws in wider society
- The importance of abiding by the law and what might happen if rules and laws are broken
- What human rights are and how to protect them
- To identify basic examples of human rights, including the rights of children

New learning

- About how they have rights and responsibilities
- That with every right there is also a responsibility e.g. the right to an education and the responsibility to learn

<https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>

Block Five

PSHE

Relationships: Safe relationships

Personal boundaries; safely responding to others; the impact of hurtful behaviour

Retrieval

- What is appropriate to share with friends, classmates, family and wider social groups, including online
- About what privacy and personal boundaries are, including online
- Basic strategies to keep themselves safe online, e.g. passwords, using trusted sites, adult supervision
- That bullying and hurtful behaviour is unacceptable in any situation
- About the effects and consequences of bullying for the people involved

New learning

- About bullying online, and the similarities and differences to face-to-face
- What to do and whom to tell if they see or experience bullying or hurtful behaviour

PSHE

Health and Wellbeing: Growing and Changing
Personal strengths and achievements; managing and reframing setbacks

Retrieval

- That everyone is an individual and has unique and valuable contributions to make
- Recognise how strengths and interests form part of a person's identity
- How to identify their own personal strengths and interests and what they're proud of (in and out of school)

New learning

- To recognise common challenges to self-worth, e.g. finding school work difficult, friendship issues
- Basic strategies to manage and reframe setbacks, e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again

<https://plprimarystars.com/resources/self-esteem>

PSHE

Living in the Wider World

Sustainability of the environment across the world

Retrieval

- Identify what the earth's resources are used for (electricity, heating, food, paper, fuel etc) and where they come from
- Limited supplies versus renewable resources
- Recognise that if one group of people use all the resources there's not enough for others
- Describe/demonstrate what can be done in school to help environmental stability (recycling, saving water, composting, saving energy)

New learning

- Reduce - reuse- recycle
- Link to Fair Trade
- Suggestions as to how can make a difference to local and world-wide environmental issues.

Block Six

PSHE

Relationships: Friends and family What makes a family; features of family life

Retrieval

- To recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents
- That being part of a family provides support, stability and love
- About the positive aspects of being part of a family, such as spending time together and caring for each other
- About the different ways that people can care for each other, e.g. giving encouragement or support in times of difficulty

New learning

- To identify if/when something in a family might make someone upset or worried
- What to do and whom to tell if family relationships are making them feel unhappy or unsafe

<https://www.coramlifeeducation.org.uk/adoptables/>

PSHE

Health and Wellbeing: Keeping safe

Risks and hazards; safety in the local environment and unfamiliar places

Retrieval

- How to identify typical hazards at home and in school
- How to predict, assess and manage risk in everyday situations, e.g. crossing the road, running in the playground, in the kitchen
- About fire safety at home, including the need for smoke alarms

New learning

- The importance of following safety rules from parents and other adults
- How to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety

PSHE

Living in the Wider World: Money and work

Different jobs and skills; job stereotypes; setting personal goals

Retrieval

- About jobs that people may have from different sectors, e.g. teachers, business people, charity work
- That people can have more than one job at a time or over a lifetime
- About common myths and gender stereotypes related to work
- To challenge stereotypes through examples of role models in different fields of work, e.g. women in STEM roles

New learning

- About some of the skills needed to do a job, e.g. teamwork and decision making
- To recognise their skills, interests and achievements and how these might link to future jobs
- How to set goals they would like to achieve this year, e.g. learn a new hobby

<https://primary-careers.careersandenterprise.co.uk/resources/linking-career-related-learning-pshe>