



## PSHE 3D Overview Per Half Term Year 3

Skills Progression		
Personal Wellbeing Skills	Health and Wellbeing Skills (covers all phases)	Citizenship Skills
<p>PW6 Recognise what they are good at</p> <p>PW7 Recognise, name and manage their feelings in a positive way</p> <p>PW24 Recognise why people work</p> <p>PW26 Recognise what influences the choices people make about how money is spent</p> <p>PW27 Reflect on the range of skills needed in different jobs</p> <p>PW28 Suggest how they can contribute to a range of activities that help them to become more enterprising</p> <p>PW29 Face new challenges positively and know when to seek help</p> <p>PW30 Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements</p> <p>PW31 Reflect on own mistakes and make amends</p> <p>PW32 Talk about their views on issues that affect themselves and their class</p> <p>PW33 Begin to make responsible choices and consider consequences</p> <p>PW34 Develop strategies for managing and controlling strong feelings and emotions</p> <p>PW35 Show awareness of changes that take place as they grow</p> <p>PW37 Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p> <p>PW38 Extend strategies to cope with risky situations</p> <p>PW39 Behave safely and responsibly in different situations</p> <p>PW40 Follow school rules about health and safety and know where to get help</p> <p>PW41 Begin to make informed lifestyle choices</p> <p>PW42 Identify strategies to respond to negative behaviour constructively and ask for help</p> <p>PW44 Empathise with another viewpoint</p> <p>PW45 Form and maintain appropriate relationships with a range of different people</p> <p>PW52 Talk, write and explain their views on issues that affect the wider environment</p> <p>PW65 Recognise how new relationships may develop</p>	<p>HW1 Know how to keep safe and how and where to get help</p> <p>HW2 Recognise right and wrong, what is fair and unfair and explain why</p> <p>HW4 Recognise and respect similarities and differences between people</p> <p>HW5 Recognise and respond to issues of safety relating to themselves and others and how to get help</p> <p>HW7 Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying</p> <p>HW8 Recognise stereotyping and discrimination</p> <p>HW9 Recognise their strengths and how they can contribute to different groups</p> <p>HW10 Recognise the factors influencing opinion and choice, including the media</p> <p>HW11 Recognise how their behaviour and that of others may influence people both positively and negatively</p> <p>HW13 Listen to and show consideration for other people's views</p> <p>HW14 Identify and talk about their own and others' strengths and weaknesses and how to improve</p> <p>HW15 Listen to, reflect on and respect other people's views and feelings</p> <p>HW16 Negotiate and present their own views</p> <p>HW17 Self-assess, understanding how this will help their future actions</p> <p>HW18 Work and play independently and in groups, showing sensitivity to others</p> <p>HW20 Work independently and in groups, taking on different roles and collaborating towards common goals</p> <p>HW22 Take the lead, prioritise actions and work independently and collaboratively towards goals</p> <p>HW23 Set goals, prioritise and manage time and resources, understanding how this will help their future actions</p> <p>HW26 Take responsibility for their own safety and the safety of others and be able to seek help in an emergency</p>	<p>Ci5 Work co-operatively, showing fairness and consideration to others</p> <p>Ci8 Show awareness of issues affecting communities and groups</p> <p>Ci9 Recognise the need to take responsibility for actions</p> <p>Ci10 Identify the difference between needs and wants</p> <p>Ci11 Identify and understand why laws are made and how they are applied justly</p> <p>Ci12 Recognise the importance of local organisations in providing for the needs of the local community</p> <p>Ci13 Reflect on how people can take actions, make a positive contribution and have a say in what happens, both locally and nationally</p> <p>Ci14 Reflect on the impact of people's actions on others and the environment</p> <p>Ci15 Work co-operatively, showing fairness and consideration to others</p> <p>Ci16 Make decisions, giving consideration to the impact they may have on others</p> <p>Ci24 Work collaboratively towards common goals</p> <p>Ci25 Reach agreements, make decisions and manage discussions to achieve positive results</p>

*Love God, Love One Another.*



HW28 Respond to challenges, including recognising, taking and managing risk

## Autumn 1

### **E-SAFETY / RULES AND RESPONSIBILITIES**

#### **Concepts**

- Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
- Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
- Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private
- Understand why rules are needed in different situations
- Recognise the rules may need to be changed
- Understand why it is important to plan ahead and think of potential consequences as a result of their actions
- Understand why it is important to behave responsibly
- Recognise that actions have consequences

## Autumn 2

### **HEALTHY RELATIONSHIPS / EMOTIONS**

#### **Concepts**

- Know and understand the features of a good friend
- Understand why it is important to be positive in relationships with others
- Know how important friendships are in making us feel happy and secure, and how people choose and make friends  
Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)

*Love God, Love One Another.*



- Know and understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings

### Spring 1

#### **HEALTH**

##### **Concepts**

- Know that mental wellbeing is a normal part of daily life, in the same way as physical health
- Know and understand the difference between the terms physical, emotional and mental
- Become more self-aware
- Understand why setting goals is important
- Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn

### Spring 2

#### **COMMUNICATION / DIVERSITY**

##### **Concepts**

- Recognise that there are many ways to communicate
- Understand the need to communicate clearly
- Understand why it is important to listen to others
- Understand why it is important to be part of a community

### Summer 1

#### **GROWING AND CHANGING / FIRST AID**

##### **Concepts**

- Understand that the rate at which we grow differs from person to person
- Know and understand how to look after our teeth

*Love God, Love One Another.*



- Understand what happens when we lose teeth as we grow up and why this happens
- Know how to make a clear and efficient call to emergency services if necessary

## Summer 2

### **HEALTHY LIFESTYLES / COLLABORATION**

#### **Concepts**

- Understand the meaning of the word 'healthy'
- Know the risks associated with an inactive lifestyle (including obesity)
- Know the recommended guidelines for physical activity and understand the reasons for these
- Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- Understand why it is important to listen to others
- Understand why it is important to work collaboratively
- Know how to identify ways to improve the environment

Know how to spot problems and find ways of dealing with them

*Love God, Love One Another.*