







Year 3 - PSHE		
Autumn 1	Spring 1	Summer 1
<p><b>Drug, Alcohol and Tobacco Education: Tobacco is a drug</b></p> <p><b>(3 lessons) Pupils learn:</b></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 second-hand smoke</li> <li>about the help available for people to remain smoke free or stop smoking</li> </ul> <p><b>Asthma lesson for Year 2, 3 or 4</b> 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</p>	<p><b>Mental Health and emotional wellbeing: Strengths and Challenges</b></p> <p><b>(3 lessons) Pupils learn:</b></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>Growing and Changing (SRE): Families and Feeling good about being different</b></p> <p><b>(3 lessons) Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about different types of family and how their home-life is special</li> <li>About recognising their own worth as individuals</li> <li>About challenging stereotypes</li> </ul>
<p> <b>MindMate: Feeling Good &amp; Being Me</b></p>	<p> <b>MindMate: Life Changes</b></p>	<p> <b>MindMate: Being the Same &amp; Being Different</b></p>
Autumn 2	Spring 2	Summer 2
<p><b>Keeping safe and managing risk: Bullying - see it, say it, stop it</b></p> <p><b>(3 lessons) Pupils learn:</b></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>Identity, society and equality: celebrating difference</b></p> <p><b>(3 lessons) Pupils learn:</b></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>Prevent: Lesson 1</b></p> <ul style="list-style-type: none"> <li>Understand the importance of resilience and courage</li> <li>Recognise and knowhow to deal with situation involving peer pressure</li> </ul>	<p><b>Physical health and wellbeing: What helps me choose?</b></p> <p><b>(3 lessons) Pupils learn:</b></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</li> <li>about keeping active and some of the challenges of this</li> </ul>
<p> <b>MindMate: Friends &amp; Family</b></p>	<p> <b>MindMate: Strong Emotions</b></p>	<p> <b>MindMate: Solving Problems - Making it Better</b></p>