

Year 3 PSHE, RSE and British Values



PSHE and RSE: Family and Relationships British Values: Democracy

Autumn 1	Week 1	Transition, School Values and Expectations
	Week 2	British Values: Democracy – Democracy- Part 1 (Young Citizens)
	Week 3	Assessment: Family and Relationships Lesson 1: Healthy families
	Week 4	Lesson 2: Friendship conflict Lesson 3: Friendship: conflict versus bullying
	Week 5	Lesson 4: Effective communication
	Week 6	Lesson 5: Learning who to trust
	Week 7	Lesson 6: Respecting differences in others
	Week 8	Lesson 7: Stereotyping: Gender

PSHE and RSE: Family and Relationships Health and Wellbeing British Values: Rule of Law

Autumn 2	Week 1	Lesson 8: Stereotyping: Age Assessment: Family and Relationships
	Week 2	British Values: Rule of Law – Children’s rights (Young Citizens)
	Week 3	Assessment: Health and Wellbeing Lesson 1: My Healthy Diary
	Week 4	Lesson 2: Relaxation: Stretches
	Week 5	Lesson 3: Wonderful Me
	Week 6	Lesson 4: My Superpowers
	Week 7	Lesson 5: Resilience: Breaking Down Barriers

PSHE and RSE: Health and Wellbeing Safety and the Changing Body British Values: Individual Liberty

Spring 1	Week 1	Lesson 6: Communicating my feelings
	Week 2	Lesson 7: Diet and Dental Health Assessment: Health and Wellbeing
	Week 3	British Values: Individual Liberty – Rights and responsibilities (Young Citizens)
	Week 4	Assessment: Safety and the changing body Lesson 1: First Aid: Emergencies and calling for help
	Week 5	Lesson 2: First Aid: Sting Bites

PSHE and RSE: Safety and the Changing Body

Spring 2	Week 1	Lesson 3: Be kind online
	Week 2	Lesson 4: Cyber Bullying
	Week 3	Lesson 5: Fake emails
	Week 4	Lesson 6: Making choices
	Week 5	Lesson 7: Influences

PSHE and RSE: Safety and the Changing Body

Citizenship

British Values: Tolerance of those with different faiths and beliefs

Summer 1	Week 1	Lesson 8: Keeping safe out and about Assessment: Safety and the changing body
	Week 2	British Values: Tolerance of those with different faiths and beliefs – My Community (Young Citizens)
	Week 3	Assessment: Citizenship Lesson 1: Rights of the child
	Week 4	Lesson 2: Rights and responsibilities
	Week 5	Lesson 3: Recycling
	Week 6	Lesson 4: Local Community Groups Lesson 5: Charity
	Week 7	Lesson 6: Local democracy

PSHE and RSE: Citizenship

Economic Wellbeing

British Values: Mutual Respect

Summer 2	Week 1	Lesson 7: Rules Assessment: Citizenship
	Week 2	British Values: Mutual Respect – Identities (Young Citizens)
	Week 3	Assessment: Economic Wellbeing Lesson 1: Ways of paying
	Week 4	Lesson 2: Budgeting
	Week 5	Lesson 3: How spending affects others Lesson 4: Impact of spending
	Week 6	Lesson 5: Jobs and careers
	Week 7	Lesson 5: Gender and careers Assessment: Economic Wellbeing