

# Year 3 PSHE, RSE and British Values



## **PSHE and RSE: Family and Relationships British Values: Democracy**

<b>Autumn 1</b>	Week 1: 5 <sup>th</sup> Sept	Transition, School Values and Expectations
	Week 2: 11 <sup>th</sup> Sept	British Values: Democracy – Democracy- Part 1 (Young Citizens)
	Week 3: 18 <sup>th</sup> Sept	Assessment: Family and Relationships Lesson 1: Healthy families
	Week 4: 25 <sup>th</sup> Sept	Lesson 2: Friendship conflict Lesson 3: Friendship: conflict versus bullying
	Week 5: 2 <sup>nd</sup> Oct	Lesson 4: Effective communication
	Week 6: 9 <sup>th</sup> Oct	Lesson 5: Learning who to trust
	Week 7: 16 <sup>th</sup> Oct	Lesson 6: Respecting differences in others
	Week 8: 23 <sup>rd</sup> Oct	Lesson 7: Stereotyping: Gender

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

<b>Autumn 2</b>	Week 1: 6 <sup>th</sup> Nov	Lesson 8: Stereotyping: Age Assessment: Family and Relationships
	Week 2: 13 <sup>th</sup> Nov	British Values: Rule of Law – Children’s rights ( Young Citizens)
	Week 3: 20 <sup>th</sup> Nov	Assessment: Health and Wellbeing Lesson 1: Looking after our teeth
	Week 4: 27 <sup>th</sup> Nov	Lesson 2: Relaxation: Visualisation
	Week 5: 4 <sup>th</sup> Dec	Lesson 3: Celebrating mistakes
	Week 6: 11 <sup>th</sup> Dec	Lesson 4: Meaning and purpose: my role
	Week 7: 18 <sup>th</sup> Dec	Lesson 5: My happiness

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

<b>Spring 1</b>	Week 1: 8 <sup>th</sup> Jan	Lesson 6: Emotions
	Week 2: 15 <sup>th</sup> Jan	Lesson 7: Mental health Assessment: Health and Wellbeing
	Week 3: 22 <sup>nd</sup> Jan	British Values: Individual Liberty – Rights and responsibilities (Young Citizens)
	Week 4: 29 <sup>th</sup> Jan	Assessment: Safety and the changing body Lesson 1: Internet Safety: Age restrictions
	Week 5: 5 <sup>th</sup> Feb	Lesson 2: Share aware

## PSHE and RSE: Safety and the Changing Body

<b>Spring 2</b>	Week 1: 19 <sup>th</sup> Feb	Lesson 3: First aid: asthma
	Week 2: 26 <sup>th</sup> Feb	Lesson 4: Privacy and secrecy
	Week 3: 4 <sup>th</sup> Mar	Lesson 5: Consuming information online
	Week 4: 11 <sup>th</sup> Mar	Lesson 6: Growing up
	Week 5: 18 <sup>th</sup> Mar	Lesson 7: Puberty

## PSHE and RSE: Safety and the Changing Body

### Citizenship

### British Values: Tolerance of those with different faiths and beliefs

<b>Summer 1</b>	Week 1: 8 <sup>th</sup> Apr	Lesson 8: Tobacco Assessment: Safety and the changing body
	Week 2: 15 <sup>th</sup> Apr	British Values: Tolerance of those with different faiths and beliefs – My Community (Young Citizens)
	Week 3: 22 <sup>nd</sup> Apr	Assessment: Citizenship Lesson 1: What are human rights?
	Week 4: 29 <sup>th</sup> Apr	Lesson 2: Caring for the environment
	Week 5: 6 <sup>th</sup> May	Lesson 3: Community
	Week 6: 13 <sup>th</sup> May	Lesson 4: Contributing
	Week 7: 20 <sup>th</sup> May	Lesson 5: Diverse communities

## PSHE and RSE: Citizenship

### Economic Wellbeing

### British Values: Mutual Respect

<b>Summer 2</b>	Week 1: 3 <sup>rd</sup> June	Lesson 6: Local councillors Assessment: Citizenship
	Week 2: 10 <sup>th</sup> June	British Values: Mutual Respect – Identities (Young Citizens)
	Week 3: 17 <sup>th</sup> June	Assessment: Economic Wellbeing Lesson 1: Spending choices
	Week 4: 24 <sup>th</sup> June	Lesson 2: Keeping track of money
	Week 5: 1 <sup>st</sup> July	Lesson 3: Looking after money
	Week 6: 8 <sup>th</sup> July	Lesson 4: Influences on career choices
	Week 7: 15 <sup>th</sup> July	Lesson 5: Changing job Assessment: Economic Wellbeing