

## PSHE Knowledge Progression

### YEAR 3 LEARNING OBJECTIVES AUTUMN TERM

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 MENTAL WELLBEING	5 MENTAL WELLBEING	6 MENTAL WELLBEING
To set a goal	To understand what food groups make up meals.	To explain how food choices can contribute to tooth decay	UPDATED RESOURCES To learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good	UPDATED RESOURCES Learn about ways of expressing feelings and emotions and why this is important	UPDATED RESOURCES Learn about managing feelings and emotions in different situations Learn about getting help, advice and support with feelings and emotions

RELATIONSHIPS EDUCATION				
7	8 RESPECTFUL RELATIONSHIPS	9 CARING RELATIONSHIPS	10 CARING RELATIONSHIPS	11 CARING RELATIONSHIPS
To explain why democracy is important	To developing an awareness and definition of bullying and unkindness.	To explore ways of resolving conflict.	To explore ways of resolving conflict.	To understand what to do if a conflict escalates

### SPRING TERM

RELATIONSHIPS EDUCATION					
1	2	3	4 ONLINE RELATIONSHIPS	5 ONLINE RELATIONSHIPS	6 BEING SAFE
To understand the rights of a child	To understand the link between being paid to do a job and having money to spend	To make consumer choices and explain their decisions	To understand how to stay safe online	To understand how to stay safe online	To explain how to keep safe when walking on roads.

HEALTH EDUCATION				
7 BEING SAFE	8 DRUGS, ALCOHOL & TOBACCO	9 DRUGS, ALCOHOL & TOBACCO	10 BASIC FIRST AID	11 HEALTH AND PREVENTION
To explain how to keep safe when walking on roads	To learn the definition of a drug and that drugs (including medicines) can be harmful to people	Learn about the effects and risks of smoking tobacco and secondhand smoke	Know what to do and how to call for help if you are faced with an emergency situation	To know that bacteria, viruses and fungi are three different types of microbe To understand that microbes are found everywhere

SUMMER TERM

RELATIONSHIPS EDUCATION		SCIENCE	RESPECTFUL RELATIONSHIPS		HEALTH EDUCATION
<b>1 CARING RELATIONSHIPS</b>	<b>2 RESPECTFUL RELATIONSHIPS</b>	<b>3 GROWTH &amp; DEVELOPMENT</b>	<b>4 RESPECTFUL RELATIONSHIPS</b>	<b>5 RESPECTFUL RELATIONSHIPS/BEING SAFE</b>	<b>6 MENTAL WELLBEING</b>
To identify the qualities of a good friend	To know about stereotyping of males and females To understand the link between gender stereotyping and discrimination	To know the biological differences between males and females	To explore family differences and challenge stereotyping  To understand that people sometimes have stereotypes about families	To know you can say no to bad touch	To identify positive thoughts

HEALTH EDUCATION	RELATIONSHIPS EDUCATION			
<b>7 MENTAL WELLBEING</b>	<b>8 CARING RELATIONSHIPS</b>	<b>9 CARING RELATIONSHIPS</b>	<b>10 CARING RELATIONSHIPS</b>	<b>11 CARING RELATIONSHIPS</b>
To explore the concept of self-talk.	To explore healthy relationships.	To explore healthy relationships.	To explore healthy relationships.	To recap what a good friend is

