Y3 PSHE/RSE Curriculum

NCEA WARKWORTH PRIMARY SCHOOL

Autumn	**My healthy self:** How can I take care of my mind and body?	**Connecting with others:** What helps us feel safe and included?
Year 3	• Recognise a wider range of feelings, including pride, disappointment, nervousness, frustration and jealousy. • Emotions can cause body changes and affect thoughts, decisions and behaviour. • People can feel differently about the same situation, including change, loss or bereavement. • Sleep, hobbies, exercise and time with others help us look after our feelings. • Good sleep supports mood and concentration, and a consistent routine can help. • Bullying can damage confidence and wellbeing, and getting help early can make a difference.	• Self-respect means valuing ourselves, recognising our strengths and treating ourselves kindly. • Families come in different forms and should help children feel loved, safe and supported. • Healthy friendships involve kindness, honesty, inclusion and respect for personal boundaries. • Friendships have ups and downs; apologies, discussing feelings and compromise can help repair them. • Bullying can be physical, verbal or online and can target someone's appearance, beliefs or abilities. • Keep seeking help from trusted adults if a worry or unsafe situation is not resolved.
Spring	**The online world:** How should we communicate online?	**Citizenship:** What rights and responsibilities do we have?
Year 3	• Respectful behaviour matters online as much as it does in person. • Online messages can be misunderstood and can affect another person's feelings. • Online communication should be with people we know, and private information should still stay private. • Bullying can happen through online messages, games and other digital spaces. • Once information is shared online, even privately, we may lose control over who sees it. • Know how to ask a trusted adult for help with upsetting content, bullying or contact from an unknown person.	• Rights are basic freedoms belonging to everyone, including children. • Responsibilities are things we do to care for ourselves, other people and places. • Adults, police and politicians have roles in protecting people's rights. • Local councils make decisions about services and spending in the community. • Reduce means use less, reuse means use again and recycle means turn materials into new things. • Reducing waste is better than reusing, and reusing is better than recycling.
Summer	**Health protection:** How can we prevent illness and injury and respond if they happen?	**Staying safe:** What careers do people choose and why?
Year 3	• Bacteria and viruses can cause illness, and hygiene helps reduce the spread of germs. • Vaccines help build immunity; medicines have different purposes and antibiotics do not treat viruses. • Sun exposure can damage skin, so shade, covering skin and sunscreen are important. • First aid can help with bleeding, burns or choking. Recognise when urgent adult help is needed. • Breathing difficulties, heavy bleeding or being unresponsive can signal a medical emergency. • Describe symptoms clearly and, when calling 999, explain what happened, where and which service is needed.	• There are many jobs and career routes, involving different tasks, skills and learning. • Recognise personal strengths, interests and skills that could be useful in different jobs. • People's choices about work can be influenced by their interests, experiences and opportunities. • A gender stereotype is an assumption about what someone can do because they are a boy or girl. • Stereotypes can limit ambitions and should be challenged. • People may change careers and use skills and experience gained in earlier roles.