

Personal, Social, Health and Relationships Education in Year 3

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	What are the rules that keep us safe?	What can we do about bullying?	What are we responsible for?	How can we value our differences?	How can we eat well?	What jobs would we like?
Context	Importance of school rules for health and safety; hygiene routines; difference between appropriate and inappropriate touch; how to respond; keeping safe in local environment; how to get help in an emergency; people who help them stay safe	Recognising bullying; how to respond and ask for help; people who help them stay healthy and safe	Responsibilities; rights and duties at home; in school and the local environment; how actions affect self and others	Recognising the various factors that make us different; realise the nature and consequence of discrimination	What makes a balanced lifestyle; balanced diet; making choices; what influences choices	What is meant by stereotypes; what it means to be enterprising; working collaboratively to the shared goals; recognise achievements and set targets
Relationships Education	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other contact	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	The importance of self-respect and how this links to their own happiness		The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives