



PSHE/RSHE Lesson Coverage: Year 3



Autumn 1 <b>Being Me in My World</b>	Autumn 2 <b>Celebrating Difference</b>	Spring 1 <b>Dreams and Goals</b>	Spring 2 <b>Healthy Me</b>	Summer 1 <b>Relationships</b>	Summer 2 <b>Changing Me</b>
<p><u>Lesson 1</u> – LO: To recognise my worth and identify things about myself and my achievements.</p> <p><u>Lesson 2</u> – LO: To make responsible choices, and recognise how it feels to be happy, sad or scared.</p> <p><u>Lesson 3</u> – LO: To understand why rules are needed, and that my behaviour brings rewards/consequences.</p> <p><u>Lesson 4</u> – LO: To make responsible choices and take actions, and to work cooperatively as a group.</p>	<p><u>Lesson 1</u> – LO: To understand that everybody’s family is different and important to them.</p> <p><u>Lesson 2</u> – LO: To understand that differences and conflicts sometimes happen among family members.</p> <p><u>Lesson 3</u> – LO: To understand the role of a witness and problem-solve a bullying situation with others.</p> <p><u>Lesson 4</u> – LO: To understand that words can be used kindly and unkindly.</p>	<p><u>Lesson 1</u> – LO: To tell you about a person who has faced difficult challenges and achieved success.</p> <p><u>Lesson 2</u> – LO: To identify a dream/ambition that is important to me.</p> <p><u>Lesson 3</u> – LO: To break down a goal into a number of steps and know how to achieve it.</p> <p><u>Lesson 4</u> – LO: To know that I am responsible for my own learning and that I can use my strengths as a learner to achieve the challenge.</p>	<p><u>Lesson 1</u> – LO: To understand how exercise affects my body, and know why my heart and lungs are important organs.</p> <p><u>Lesson 2</u> – LO: To know that the amount of calories, fat and sugar I put into my body will affect my health.</p> <p><u>Lesson 3</u> – LO: To understand what food allergies are.</p> <p><u>Lesson 4</u> – LO: To identify safe and unsafe feelings.</p>	<p><u>Lesson 1</u> – LO: To identify the roles and responsibilities of each member of my family and reflect on the expectations for males and females.</p> <p><u>Lesson 2</u> – LO: To know how to negotiate in conflict situations and to try to find a win-win solution.</p> <p><u>Lesson 3</u> – LO: To know and use some strategies for keeping myself safe online.</p> <p><u>Lesson 4</u> – LO: To understand how my needs and rights are shared by children around the world and to identify how our lives may be different.</p>	<p><u>Lesson 1</u> – LO: To understand that animals and humans go through lots of changes as they grow up.</p> <p><u>Lesson 2</u> – LO: To understand what a baby needs to live and grow.</p> <p><u>Lesson 3</u> – LO: To recognise stereotypical ideas about parenting and family roles.</p> <p><u>Lesson 4</u> – LO: To identify what I am looking forward to when I move to my next class.</p>