

Pegswood Primary School

Year 3 Coverage

PSHE & RSE



Pegswood Primary School
Year Group Coverage – PSHE & RSE



Year 3						
		Family & Relationships	Health & Wellbeing	Safety & the Changing Body	Citizenship	Economic Wellbeing
Family & Relationships	Learning that problems can occur in families and that there is help available if needed.	✓				
	Exploring ways to resolve friendship problems.	✓				
	Developing an understanding of the impact of bullying and what to do if bullying occurs.	✓				
	Understanding what trust is and identifying who I can trust.	✓				
	Learning about the effects of non verbal communication.	✓				
	Developing listening skills.	✓				
	Exploring stereotyping.	✓				
Health & Wellbeing	Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.		✓			
	Understanding the positive impact of relaxation on the body and learning relaxation stretches.		✓			
	Understanding what a balanced diet is and the effects upon mental and physical health.		✓			
	Exploring my identity through the groups I belong to.		✓			
	Identifying my strengths and exploring how I use them to helps others.		✓			
	Understanding how to overcome problems by breaking them onto smaller, achievable steps		✓			

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		Family & Relationships	Health & Wellbeing	Safety & the Changing Body	Citizenship	Economic Wellbeing
Safety and the Changing Body	Understanding ways to keep safe when crossing and near roads.			✓		
	Developing an understanding of ways to keep safe when around railways and open water (rivers, beach).			✓		
	Developing skills as a responsible digital citizen.			✓		
	Recognising and responding to cyberbullying.			✓		
	Beginning to recognise unsafe digital content.			✓		
	Exploring that people and things can influence me and I need to make the right decision for me.			✓		
	Exploring choices and decisions that I can make.			✓		
	Knowing how to call the emergency services.			✓		
	Knowing how to respond to bites and stings.			✓		
Citizenship	Rights of the child.				✓	
	Rights and responsibilities.				✓	
	Recycling.				✓	
	Local community groups.				✓	
	Charity.				✓	
	Local democracy.				✓	
	Rules.				✓	

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		Family & Relationships	Health & Wellbeing	Safety & the Changing Body	Citizenship	Economic Wellbeing
Economic Wellbeing	Ways of paying.					✓
	Budgeting.					✓
	How spending affects others.					✓
	Impact of spending.					✓
	Jobs and careers.					✓
	Gender and careers.					✓