Statutory RSHE | Economic Wellbeing & Careers

Year 3 – PSHE Medium Term Overview

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Me, my friends and belonging This unit explores themes of friendship and respect. Pupils learn about healthy friendships and ways to make others feel included.	**Mental health and wellbeing** Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	**Building healthy habits** This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.	**Making choices online** This unit explores how to protect information online and make choices about online content, including understanding age ratings.	**Keeping safe out and about** This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.	**Looking out for each other** This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.

AUTUMN TERM

- Friendships
- Mental Health & Wellbeing

SPRING TERM

- Keeping healthy and well
- Physical activity and nutrition
- Online life and safety

SUMMER TERM

- Friendships
- Keeping healthy and well
- Personal safety and First Aid
- Drug education