Year 3 PSHE & RHE Overview

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|  | Learning Intentions |
|  | Introduction to wellbeing and managing emotions  (Premier League Primary Stars) |
| **Module 1: Unit 1**  **Religious Understanding**  Story Sessions: Get up! | Children will know that:   * We are created individually by God who is Love, designed in His own image and likeness * God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose * Every human life is precious from the beginning of life (conception) to natural death * Personal and communal prayer and worship are necessary ways of growing in our relationship with God |
| Session 2: The Sacraments | Children will learn that:   * In Baptism God makes us His adopted children and ‘receivers’ of His love * By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). * It is important to make a nightly examination of conscience. * Receiving the Sacraments helps them to develop healthy relationships with others |
| **Module 2: Unit 1**  **Religious Understanding**  Session 1: Jesus, My Friend | Children will learn:   * That God loves, embraces, guides and forgives us; He reconciles us with Him and one another. * The importance of forgiveness and reconciliation in relationships, and some of Jesus’ teaching on forgiveness. * That relationships take time and effort to sustain. * We reflect God’s image in our relationships with others: this is intrinsic to who we are and to our happiness. |
| **Module 2: Unit 2**  **Personal Relationships**  Session 1: Friends, Family and Others | Children will learn:   * Ways to maintain and develop good, positive, trusting relationships and strategies to use when relationships go wrong * That there are different types of relationships including those between acquaintances, friends, family and relatives * That good friendship is when both persons enjoy each other’s company and also want what is truly best for the other * The difference between a group of friends and a ‘clique’ |
| Session 2: When Things Feel Bad | Children will:   * Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying * Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond |
| **Module 2: Unit 3**  **Life Online**  Session 1: Sharing Online | Children will learn:   * To recognise that their increasing independence brings increased responsibility to keep themselves and others safe * How to use technology safely * That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others * How to report and get help if they encounter inappropriate materials or messages |
| Session 2: Chatting Online + Classroom Shorts | Children will learn:   * How to use technology safely * That bad language and bad behaviour are inappropriate * That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others * How to report and get help if they encounter inappropriate materials or messages |
| **Module 2: Unit 4**  **Keeping Safe**  Session 1: Safe in My Body + Classroom Shorts | Children will learn:   * To judge well what kind of physical contact is acceptable or unacceptable and how to respond * That there are different people we can trust for help, especially those who care for us, including our teachers and parish priest |
| Session 2: Drugs, Alcohol & Tobacco | Pupils will:   * Understand the effect that a range of substances including drugs, alcohol and tobacco can have on the body. * Know that our bodies are created by God, so we should take care of them and be careful about what we consume. |
| Session 3: First Aid Heroes | Pupils will know that:   * In an emergency, it is important to remain calm. * Quick reactions in an emergency can save a life. * Children can help in an emergency using their First Aid knowledge. |
| Session 4: Rights and Responsibilities + Classroom Shorts | Coming soon… |
| **Module 3: Unit 1**  **Religious Understanding**  Session 1: A Community of Love | Children will learn that:   * God is love as shown by the Holy Trinity – a communion of persons supporting each other in their self-giving relationship. * The human family reflects the Holy Trinity in mutual charity and generosity. * We are made in the image of God, which means we are made to love God and others, and be loved by God and others. |
| Session 2: What is the Church? | Children will learn that:   * The human family reflects the Holy Trinity in charity and generosity * The Church family comprises of home, school and parish (which is part of the diocese) |
| **Module 3: Unit 2**  **Living in the Wider World**  Session 1: How Do I Love Others? | Children will learn:   * That God wants His Church to love and care for others. * To devise practical ways of loving and caring for others. |
| Session 2: Working Together + Classroom Shorts | Children will:   * Know that there are many different jobs and types of work. * Understand some of the factors that influence people’s choice of work. * Explore their own interests, skills and gifts in relation to their job aspirations. * Know that God calls us to work together to share His love and care for each other and the world. |
| The aspects of non-statutory PSHE which are not wholly covered by ‘Life to the Full Plus’ are listed below. These will be taught using resources and lesson plans from the PSHE Association Website. | |
| **Citizenship:**  Community | L.7. To value the different contributions that people and groups make to the community  Do the children belong to any community groups? How might they help others? |
| **Economic Wellbeing:**  Money | L.17. about the different ways to pay for things and the choices people have about this; the importance of budgeting  L.24.to identify the ways that money can impact on people’s feelings and emotions |