

Year 3: PSHE Long Term Plan



THE PYTHON HILL ACADEMY

LABOR OMNIA VINCIT

*Our Ambition: To be the highest performing MAT in the country
Our Mission: To improve the communities we serve for the better*

Vision:

*Challenging educational orthodoxies so that every child makes good progress in all subjects;
all teachers are committed to personal improvement and fulfil their responsibilities;
all children receive an inspiring curriculum;
all academies strive to be outstanding.*

PSHE Curriculum Overview

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
FS	Who ... me? How am I feeling today Being at school Gentle hands Our rights Our responsibilities	What am I good at I'm special, I'm me Families Homes Making friends Standing up for yourself	Challenges Never give up Setting a goal Obstacles and support Flight to the future Footprint awards	Everybody's body We like to move it, move it Food glorious food Sweet dreams Keeping clean Safe adults	My family and me Make friends, make friends Falling out and bullying Being the best friends we can	My body Respecting my body Growing up Fun and fears Celebration
Y1	Feeling special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	The same as... Different from ... What is bullying What so I do about bullying Making new friends Celebrating difference and me	My treasure chest of success Steps to success Achieving together Stretchy learning Overcoming obstacles Celebrating my success	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me	Families Making friends Greetings People who help us Being y own best friend Celebrate special relationships	Life cycles Changing me My Changing body Boys and girls bodies Learning and growing Coping with changes
Y2	Hopes and fears for the year Rights and responsibilities Rewards and Consequences Our learning charter Owning our learning charter	Boys and girls Why does bullying happen? Standing up for self/others Gender diversity Celebrating differences	Goals to success My learning strengths Learning with others A group challenge Celebrating our achievement	Being healthy Being relaxed Medicine safety Healthy eating Happy healthy me	Different types of family Exploring physical contact Friendship and conflict Secrets Trust and appreciation Special relationships	Life cycles in nature Growing young to old The changing me Boys and girls bodies Assertiveness Looking ahead
Y3	Getting to know each other Our nightmare school Our dream school Rewards and consequences Our learning charter Owning our learning charter	Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference	Dreams and goals My dreams and ambitions A new challenge Our new challenge Overcoming obstacles Clearing my learning	Being fit and healthy What do I know about drugs Being safe Safe and unsafe My amazing body	Family roles / responsibilities Friendships Keeping myself safe online Being a global citizen Celebrating web relationships	How babies grow Babies Outside body changes Inside body changes Family stereotypes Looking ahead
Y4	Becoming a class team Being a school citizen Rights, responsibilities, Rewards and consequences Our learning charter Owning our learning charter	Judging by appearance Understanding influences Understanding bullying Problem solving Special me Celebrating differences	Hopes and dreams Broken dreams Overcoming disappointment Creating new/realistic dreams Achieving goals We did it	My friends and me Group dynamics Smoking Alcohol Healthy relationships Celebrating my inner strength	Jealousy Love and loss Memories Getting on and falling out Girlfriends/boyfriends Celebrating my relationships	Unique me Having a baby Puberty and menstruation Circles of change Accepting change Looking ahead

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y5	The year ahead Being a citizen Rights and responsibilities Rewards and consequences Our learning charter Owning our learning charter	Different cultures Racism Rumours and name calling Types of bullying Does money matter Celebrating differences of the world	When I grow up Investigating jobs and careers My dream job Dreams/goals in other cultures How can we support each other Rallying support	Smoking Alcohol Emergency aid Body image My relationship with food Healthy me	Recognising me Safety in online communities Being in an online community Online gaming Relationship with technology	Self and body image Puberty for girls Puberty for boys Conception Looking ahead
Y6	My year ahead Being a global citizen The learning charter Our learning charter Owning our learning charter	Am I normal Understanding differences Power struggles Why Bully Celebrating difference	Personal learning goals Steps to success My dream for the world Helping to make a difference Recognising our achievements	Taking personal responsibility Drugs Exploitation Gangs Emotional mental health Managing stress and pressure	What is mental health My mental health Love and loss Power and control Being online – real or fake Technology safety	My self image Puberty Babies conception to birth Boyfriends/girlfriends Adolescent friendships Real self and ideal self The year ahead

	Autumn 1						Autumn 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6/7	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Being Me in my World						Celebrating Differences					
Jigsaw	Getting to know each other	Our nightmare school	Our dream school	Rewards and consequences	Our learning charter	Owning our learning charter	Families	Family conflict	Witness and feelings	Witness and solutions	Words that harm	Celebrating differences
Vocab	Welcome Valued Achievements Proud Pleased Personal goal Praise Acknowledge Affirm	Emotions Feelings Nightmare Fears Worries Solutions Support	Rights Responsibility Learning Charter Nightmare Dream	Behaviour Rewards Consequences Actions Feelings Rights Responsibility Fairness Choices	Co-operate Rights Responsibility Rewards Consequence Choices Learning Charter Challenge Group dynamics Team work	Learning Charter Actions View point Ideal school Belong	Family Loving Caring Safe Connected Difference Special	Family Conflict Solve it together Solutions Resolve	Witness Bystander Bullying Gay Unkind Feelings Tell Banter	Witness Bystander Bullying Gay Unkind Feelings Tell	Consequences Hurtful Solve it together	Compliment Special Unique Difference Similarity
I Can	I recognise my worth and can identify positive things about myself and my achievements .	I can face new challenges positively, make responsible choices and ask for help when I need it	I understand why rules are needed and how they relate to rights and responsibilities	I understand that my actions affect myself and others and I care about other people's feelings	I can make responsible choices and take action	I understand my actions affect others and try to see things from their points of view	I understand that everybody's family is different and important to them	I understand that differences and conflicts sometimes happen among family members	I know what it means to be a witness to bullying	I know that witnesses can make the situation better or worse by what they do	I recognise that some words are used in hurtful ways	I can tell you about a time when my words affected someone's feelings and what the consequences were

	Spring 1						Spring 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Dreams and Goals						Healthy Me					
Jigsaw	Dreams and goals	My dreams and ambitions	A new challenge	Our new challenge	Overcoming obstacles	Clearing my learning	Being fit and healthy	Being fit and healthy	What do I know about drugs	Being safe	Safe and unsafe	My amazing body
Vocab	Perseverance Challenges Success Obstacles Dreams Goals	Dreams Goals Ambitions Future	Garden Decoration Dream Goal Team work Design Cooperation	Challenge Product Team work Cooperation Strengths Motivated Enthusiastic Excited Efficient Responsible	Obstacles Frustration 'Solve it Together' Technique Solution Team work	Review Learning Strengths Success Self-review Celebrate Evaluate	Oxygen Energy Calories/ Kilojoules Heartbeat Lungs Heart Fitness	Energy Calories Kilojoules Labels Sugar Fat Saturated Fat	Healthy Drugs Attitude	Safe Anxious Scared Strategy Advice Dangerous Emergency Emergency Services Ambulance Fire engine Police car Coastguard	Safe Harmful Risk Feelings	Complex Appreciate Body Healthy Safe Choice Risk
I Can	I can tell you about a person who has faced difficult challenges and achieved success	I can identify a dream/ambition that is important to me	I enjoy facing new learning challenges and working out the best ways for me to achieve them	I can be motivated and enthusiastic about achieving our new challenge	I can recognise obstacles which might hinder my achievement and take steps to overcome them	I can evaluate my own learning process and identify how it can be better next time	I understand how exercise affects my body and know why my heart and lungs are such important organs	I know that the amount of calories, fat and sugar I put into my body will affect my health	I can tell you my knowledge and attitude towards drugs	I can identify things, people and places that I need to keep safe from	I can identify when something feels safe or unsafe	I understand how complex my body is and how important it is to take care of it

	Summer 1					Summer 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Relationships					Changing Me					
Jigsaw	Family roles / responsibilities	Friendships	Keeping myself safe online	Being a global citizen	Celebrating web relationships	How babies grow	Babies	Outside body changes	Inside body changes	Family stereotypes	Looking ahead
Vocab	Male Female Unisex Role Job Responsibilities Differences Similarities Respect Stereotype Careers	Conflict Solution Problem solving Friendship Win-win	Safe Unsafe Risky Internet Social media Private Messaging (PM) Direct Messaging (DM) Gaming	Global Communications Transport Interconnected Food journeys Climate Inequality	Happiness Celebrating Relationships Friendship Family Thank you Appreciation	Male Female Changes Birth Animals Babies Mother Growing up	Baby Grow Uterus Womb Nutrients Survive Love Affection Care	Change Puberty Control Breasts	Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/Ova Womb/Uterus Vagina Breasts	Stereotypes Task Roles Challenge	Change Looking forward Excited Nervous Happy
I Can	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females	I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener	I know and can use some strategies for keeping myself safe online	I can explain how some of the actions and work of people around the world help and influence my life	I know how to express my appreciation to my friends and family	I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby	I understand how babies grow and develop in the mother's uterus	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up	I can start to recognise stereotypical ideas I might have about parenting and family roles	I can identify what I am looking forward to when I move to my next class