



# Year 3

PSHE (Personal, Social, Health and Economic Education) is taught weekly at Wellesbourne, statutory changes have been made to our PSHE curriculum to include Sex, Relationships and Health Education. We have outlined the main focuses for each year group.

## Autumn Term

- ◇ **FAMILIES AND FRIENDSHIPS**—What makes a family; features of family life
- ◇ **SAFE RELATIONSHIPS**—Personal boundaries; safely responding to others; the impact of hurtful behaviour
- ◇ **RESPECTING OURSELVES AND OTHERS**—Recognising respectful behaviour; the importance of self respect; courtesy and being polite

## Spring Term

- ◇ **BELONGING TO A COMMUNITY**— The value of rules and laws; rights freedoms and responsibilities
- ◇ **MEDIA LITERACY AND DIGITAL RESILIENCE**— How the internet is used; assessing information online
- ◇ **MONEY AND WORK** Different jobs and skills; job stereotypes; setting personal goals

## Summer Term

- ◇ **PHYSICAL HEALTH AND MENTAL WELLBEING**—Health choices and habits; what affects feelings; expressing feelings
- ◇ **GROWING AND CHANGING**—Personal strengths and achievements; managing and reframing setbacks
- ◇ **KEEPING SAFE**— Risks and hazards; safety in the local environment and unfamiliar environments

For a more detailed break down of lessons being taught throughout the year please see the curriculum page on our school website <https://wellesbourneschool.co.uk/learning/curriculum/pshe/>