

Year 3 - PSHE

Autumn 1	Spring 1	Summer 1
<p>Drug, alcohol and tobacco education: Tobacco is a drug</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● the definition of a drug and that drugs (including medicines) can be harmful to people ● about the effects and risks of smoking tobacco and secondhand smoke ● about the help available for people to remain smoke free or stop smoking <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> ● that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use 	<p>Mental health and emotional wellbeing: Strengths and challenges</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about celebrating achievements and setting personal goals ● about dealing with put-downs ● about positive ways to deal with set-backs 	<p>Careers, financial capability and economic wellbeing: Saving, spending and budgeting</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about what influences people’s choices about spending and saving money ● how people can keep track of their money ● about the world of work
Autumn 2	Spring 2	Summer 2

**Keeping safe and managing risk:
Bullying – see it, say it, stop it**

Pupils learn:

- to recognise bullying and how it can make people feel
- about different types of bullying and how to respond to incidents of bullying
- about what to do if they witness bullying

**Identity, society and equality:
Celebrating difference**

Pupils learn:

- Pupils learn about valuing the similarities and differences between themselves and others
- Pupils learn about what is meant by community
- Pupils learn about belonging to groups

**Physical health and wellbeing:
What helps me choose?**

Pupils learn:

- about making healthy choices about food and drinks
- about how branding can affect what foods people choose to buy
- about keeping active and some of the challenges of this