

Year Three

PSHE

(including RHE)



Curriculum



PORTER CROFT
Church of England Primary Academy

Here at Porter Croft, PSHE (personal, social, health and economic) education is a school curriculum subject through which children and young people acquire knowledge and skills to stay safe, be healthy (physical and mentally) and prepared for life, and work, in the modern world. Each PSHE unit is delivered over a series of lessons every half term, PSHE lessons are also where pupils will receive the statutory RHE (relationship and health education) content.

As a parent/carer you play a vital role in their personal and social development. Therefore, PSHE education should always be a partnership between schools and parents/carers. This guide will support you to contribute to your child's education outside of school.

The PSHE curriculum is organised into three themes: 'health and wellbeing'; 'relationships', and 'living in the wider world' (which focusses on careers, media literacy and economic wellbeing). Topics in lessons include age-appropriate teaching about healthy lifestyles (e.g. diet, fitness and maintaining good mental health); relationships, including friendships and families; personal safety (including online); growing and changing; study skills; media literacy and digital resilience (including how to recognise fake news); managing risk and personal safety; money, careers and preparing for the world of work.

In addition to the PSHE curriculum, we also use Project EVOLVE (a national online safety scheme of work) to supplement pupils' knowledge and skills and ensure pupils are equipped to keep themselves safe online. Project EVOLVE toolkit is based on the UKCIS framework "Education for a Connected World" (EFACW). This framework covers knowledge, skills, behaviours and attitudes across eight strands of our online lives.

The information in this booklet includes details of what is covered and an outline of the planned curriculum for each year group. This will give you an overview of what your child is being taught, and what is considered age-appropriate for them to be learning.

	Identity and Diversity		Sustainable Development		Globalisation and interdependence	
Y3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<u>Community</u> C1 How do we make the world fair?	<u>Mental health</u> M1 How do I manage my feelings?	<u>Friends</u> Fr1 What makes a good friend?	<u>Physical</u> P1 How do I keep my body healthy? P2 How do I get a healthy diet?	<u>Family</u> Fa1 Do families always stay the same? Fa2 Are all families like mine?	<u>Growing Up</u>

Some of the content learnt in Project EVOLVE may be covered in more than one term

Project EVOLVE	Self-image and identity	online relationships	Online bullying	Privacy and security	Online reputation	Managing online information	Health, wellbeing and life style	Copy right and ownership
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Autumn One

PSHE Unit :Community

C1 How do we make the world fair?

Objectives

1. Understand what is meant by 'the rule of law' [link to British Values]
2. Understand the basics of how laws are made and enforced
3. Appreciate the reasons why we need laws and that these are not always the same for everyone (some people need more protection - for example children)
4. Appreciate that the world is not fair and it is our responsibility to help those less fortunate
5. Identify our common values (Link to 'British Values')

Key vocabulary

Rules, laws, government, vote, rights, police, fair, equal, equality

PSHE links

R1. about discrimination: what it means and how to challenge it

L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws

L3. about the relationship between rights and responsibilities

L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others

Project EVOLVE Unit: Self-image and identity

I can explain what is meant by the term 'identity'

Outcome Criteria

- I can explain what is meant by the term 'identity'.
- I can explain how I can represent myself in different ways online.
- I can explain ways in which and why I might change my identity depending on what I am doing online (e.g. gaming; using an avatar; social media)

I can explain how people can represent themselves in different ways online

Outcome Criteria

- I can explain what is meant by the term 'identity'.
- I can explain how people can represent themselves in different ways online.
- I can explain ways in which and why I might change my identity depending on what I am doing online (e.g. gaming; using an avatar; social media).

I can explain ways in which someone might change their identity depending on what they are doing online (e.g. gaming; using an avatar; social media) and why

Outcome Criteria

- I can explain what is meant by the term 'identity'.
- I can explain how I can represent myself in different ways online.
- I can explain ways in which and why I might change my identity depending on what I am doing online (e.g. gaming; using an avatar; social media)

Autumn Two

PSHE Unit :Mental health

M1 How do I manage my feelings?

Objectives

1. Understand the range and depth of feelings that we all experience
2. Learn strategies to deal with these feelings and know when to seek support
3. Understand that we have responsibilities for some things but cannot control everything

Key vocabulary

Responsibility, anger, happiness, nervousness, fear, surprise, sadness, grief, blame, guilt, ashamed, regret, apologise, stress

PSHE links

H17. to recognise that feelings can change over time and range in intensity

H18. about everyday things that affect feelings and the importance of expressing feelings

H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways

H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations

Project EVOLVE Unit: Online relationships

I can describe ways people who have similar likes and interests can get together online

Outcome Criteria

- I understand that there are places online that are for sharing interests and can name at least an example.
- I understand what it means to communicate online
- I know that when communicating online some people use a different 'language' to when they are speaking face to face

I can explain what it means to 'know someone' online and why this might be different from knowing someone offline

Outcome Criteria

- I can explain what it means to 'know' someone.
- I can give different examples of how well I know people eg friends, family, teachers.
- I can explain the differences between 'knowing' someone online compared to offline

I can explain what is meant by 'trusting someone online', why this is different from 'liking someone online', and why it is important to be careful about who to trust online including what information and content they are trusted with

Outcome Criteria

- I can explain what is meant by trusting someone online
- I can give examples of what 'liking' someone online means and how it can be done
- I understand and can explain the difference between trusting and liking someone online

I can explain why someone may change their mind about trusting anyone with something if they feel nervous, uncomfortable or worried

Outcome Criteria

- I understand and can explain what trust means and why it is so important, including online.
- I understand that I should be careful when sharing some information about myself and about other people online.
- I understand that trust has to be earned and can give examples of how trust in someone might be lost because of something that happens online
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I can explain how someone's feelings can be hurt by what is said or written online

Outcome Criteria

- I can describe how it might feel if I/someone else has their feelings hurt by something someone says online
- I understand that when people talk online, it is different to communicating face to face and that sometimes people act differently online
- I understand that sometimes people say or write things online which are not meant as it seem

I can explain the importance of giving and gaining permission before sharing things online; how the principles of sharing online is the same as sharing offline e.g. sharing images and videos

Outcome Criteria

- I can explain the importance of giving permission before sharing things online;
- I can explain the importance of gaining permission before sharing things online;
- I understand that the principles of sharing online is the same as sharing offline e.g. sharing images and videos

Spring One

PSHE Unit: Friends

Relationships**Fr1) What makes a good friend?****Objectives**

1. Appreciate that we have responsibilities to our friends-
2. Acknowledge that other people's emotions are important
3. Understand that our actions can affect other people's feelings
4. Learn what we can do to maintain healthy relationships

Key vocabulary

Happy, safe, trust, respect, honesty, kindness, generosity, interests, experiences, support, problems, welcome

**PSHE links**

R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing

R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing

interests and experiences, support with problems and difficulties): that the same principles apply to online friendships as to face-to-face relationships

R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them

R18. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely

R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships

L4. the importance of having compassion towards others; shared responsibilities we all have caring for other people and living things; how to show care and concern for others

Project EVOLVE Unit: Online Bullying

I can describe appropriate ways to behave towards other people online and why this is important

Outcome Criteria

- I can explain why I should be kind online vs. unkind
- I know how I should act online
- I can explain how I make sure I am being kind online

I can give examples of how bullying behaviour could appear online and how someone can get support

Outcome Criteria

- I can say what harmful online behaviour looks like
- I can describe methods people may use to bully others including online and offline methods
- I can provide simple examples of where online bullying can take place and what it might look like.

Project Evolve Unit: Privacy and Security

I can describe simple strategies for creating and keeping passwords private

Outcome Criteria

- Recognise that passwords protect my reputation and the information that I consider important.
- Be able to suggest methods for keeping password safe and secure.

I can give reasons why someone should only share information with people they choose to and can trust.

I can explain that if they are not sure or feel pressured then they should tell a trusted adult.

Outcome Criteria

- Demonstrate an awareness of the people I trust.
- Make decisions about what information they share and with whom

I can describe how connected devices can collect and share anyone's information with others

Outcome Criteria

- Recognise that smart devices often collect and share personal information and other information about people (e.g. tech usage).

Spring Two

PSHE Unit : Physical

P1) How do I keep my body healthy?

Objectives

1. Understand the reasons why active lifestyles and healthy diets can have a positive effect on our lives
2. Appreciate that they need to balance choices that are 'good for them' and choices that bring joy
3. Know how to make informed choices about the activities they do and the things they eat
4. Getting enough sleep (what might stop you from getting the right amount?)

Key vocabulary

Active, healthy, exercise, food, nutrition, diet, sugar, fat, protein, vitamins, balance

PSHE links

H1. how to make informed decisions about health

H2. about the elements of a balanced, healthy lifestyle

H3. about choices that support a healthy lifestyle, and recognise what might influence these

H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to healthy and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay

H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle

H8. how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn

Science link

(Y3) Pupils should be taught to:

identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat

P2 How do I get a healthy diet?

PSHE Links

H1. how to make informed decisions about health

H2. about the elements of a balanced, healthy lifestyle

H3. about the choices that support a healthy lifestyle, and recognise what might influence these

H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally

rich foods; risks associated with not eating a healthy diet including obesity and tooth decay

I can explain how to search for information about others online

Outcome Criteria

- I can use a search engine to find information about me and my family
- I can use " " to narrow my search
- I understand that I should check the images, news and video results as well as the regular search results

I can give examples of what anyone may or may not be willing to share about themselves online. I can explain the need to be careful before sharing anything personal

Outcome Criteria

- I understand what 'personal' information is
- I know that I must always ask before I share information about others online
- I can name 3 different places or people that I can go to if I am unsure if information is safe to share

I can explain who someone can ask if they are unsure about putting something online.

Outcome Criteria

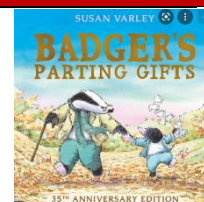
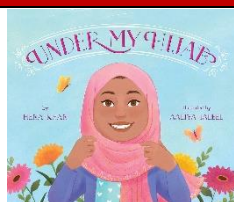
- I understand what 'personal' information is
- I know that I must always ask before I share information about others online
- I can name 3 different places or people that I can go to if I am unsure if information is safe to share

PSHE Unit : Family

Fa1) Do families always stay the same?

Objectives

1. Understand that families can change
2. Understand that parents can split up and people can die
3. Know that these events are not the fault of the child



Key vocabulary

Foster care, adoption, divorce, break-up, death, grief, illness, disability

PSHE links

R7. To recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents): that families of all types can give family members love, security and stability

R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart

H23. About change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement

Fa2) Are all families like mine?

Objectives

1. Appreciate that there are many differences between families and all families are unique
2. Understand that there are far more similarities than there are differences
3. Understand there is no one set family structure
4. Appreciate that any type of family can provide love and support

Key vocabulary

Religion, skin colour, Islam, Muslim, mosque, prayers, represent, discrimination, same sex

PSHE links

R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents): that families of all types can give family members love, security and stability

R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background

R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own

R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with

L6. about the different groups that make up their community, what living in a community means

L8. about diversity: what it means: the benefits of living in a diverse community: about valuing diversity within communities

H25. about personal identity; what contributes to who we are (eg. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)

I can demonstrate how to use key phrases in search engines to gather accurate information online

Outcome Criteria

- I can use key phrases in search engines.
- I can explain what autocomplete is.
- I can explain how to choose the best suggestion.
- I am aware that autocomplete suggestions may not be truthful

I can explain what autocomplete is and how to choose the best suggestion

Outcome Criteria

- I can use key phrases in search engines.
- I can explain what autocomplete is.
- I can explain how to choose the best suggestion.
- I am aware that autocomplete suggestions may not be truthful

I can explain how the internet can be used to sell and buy things

Outcome Criteria

- I can explain how the internet can be used to sell and buy things.
- I can describe different contexts for buying/selling online e.g. websites, auctions, social media, streaming services, app store, apps, in-app/game purchases, influencers

I can explain the difference between a 'belief', an 'opinion' and a 'fact'. and can give examples of how and where they might be shared online, e.g. in videos, memes, posts, news stories etc

Outcome Criteria

- I can explain the difference between a 'belief', an 'opinion' and a 'fact'.
- I can analyse information and differentiate between 'opinions', 'beliefs' and 'facts'.
- I understand what criteria have to be met before something is a 'fact'.
- I can explain how to evaluate evidence to determine its credibility.

I can explain that not all opinions shared may be accepted as true or fair by others (e.g. monsters under the bed).

Outcome Criteria

- I can explain the difference between a 'belief', an 'opinion' and a 'fact'.
- I can analyse information and differentiate between 'opinions', 'beliefs' and 'facts'.
- I understand what criteria have to be met before something is a 'fact'.
- I can explain how to evaluate evidence to determine its credibility.
- I can identify how to get help from a trusted adult if needed.

I can describe and demonstrate how we can get help from a trusted adult if we see content that makes us feel sad, uncomfortable, worried or frightened.

Outcome Criteria

- I can explain the difference between a 'belief', an 'opinion' and a 'fact'.
- I can analyse information and differentiate between 'opinions', 'beliefs' and 'facts'.
- I understand what criteria have to be met before something is a 'fact'.
- I can explain how to evaluate evidence to determine its credibility.
- I can identify how to get help from a trusted adult if needed

Summer two

PSHE Unit: Smoking

Smoking

Objectives

1. Why do people smoke?
2. What are the physical effects of smoking?

Project EVOLVE Unit: Health, wellbeing and lifestyle

I can explain why spending too much time using technology can sometimes have a negative impact on anyone; I can give some examples of both positive and negative activities where it is easy to spend a lot of time engaged

Outcome Criteria

- Give examples of and explain the positive impact of using technology and the internet.
- Give examples of tech/online activities that they (could) engage with for extended periods of time.
- Give examples of and explain the negative impact of excessive technology use on health and bodies.
- Give examples of and explain the negative impact of excessive technology use on thoughts and feelings.
- Give examples of and explain the negative impact of excessive technology use on relationships and work (e.g. homework/chores/etc.)
- Explain simple rules/strategies they use to reduce the impact of these issues

I can explain why some online activities have age restrictions, why it is important to follow them and know who I can talk to if others pressure me to watch or do something online that makes me feel uncomfortable (e.g. age restricted gaming or web sites)

Outcome Criteria

- I can explain why some online activities have age restrictions.
- I can explain how children can be pressured into watching or doing something online.
- I know who I can talk to if other people pressure me into doing something that makes me feel uncomfortable

Project EVOLVE Unit: Copyright and Ownership

I can explain why copying someone else's work from the internet without permission isn't fair and can explain what problems this might cause.

Outcome Criteria

- To understand that we all have rights over the content we create
- To know that whilst the internet may be 'Free' not all content is 'Free to use'