



## Harehills Primary School Personal Social Health Education (PSHE) overview

Year 3		
Autumn 1	Spring 1	Summer 1
<b>MindMate: Feeling Good &amp; Being Me</b>	<b>MindMate: Life Changes</b>	<b>MindMate: Being the Same &amp; Being Different</b>
<p style="color: #e67e22; font-weight: bold;">Physical health and wellbeing: What helps me choose?</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about making healthy choices about food and drinks</li> <li>about how branding can affect what foods people choose to buy</li> <li>about keeping active and some of the challenges of this</li> </ul> <p style="text-align: center; color: #e67e22; font-weight: bold;">Online safety</p> <ul style="list-style-type: none"> <li>about aspects of their own online identities and explore the boundaries of freedom of expression online.</li> </ul>	<p style="color: #3498db; font-weight: bold;">Identity, society and equality: celebrating difference</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>Pupils learn about valuing the similarities and differences between themselves and others</li> <li>Pupils learn about what is meant by community</li> <li>Pupils learn about belonging to groups</li> </ul>	<p style="color: #9b59b6; font-weight: bold;">Drug, Alcohol and Tobacco Education: Tobacco is a drug</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>the definition of a drug and that drugs (including medicines) can be harmful to people</li> <li>about the effects and risks of smoking tobacco and second-hand smoke</li> <li>about the help available for people to remain smoke free or stop smoking</li> <li><b>Additional asthma lesson for Year 3</b> 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</li> </ul>
<p style="color: #f1c40f; font-weight: bold;">Mindfulness</p>	<p style="color: #f1c40f; font-weight: bold;">Mindfulness</p>	<p style="color: #f1c40f; font-weight: bold;">Mindfulness</p>
Autumn 2	Spring 2	Summer 2
<b>MindMate: Friends &amp; Family</b>	<b>MindMate: Strong Emotions</b>	<b>MindMate: Solving Problems - Making it Better</b>
<p style="color: #27ae60; font-weight: bold;">Keeping safe and managing risk: Bullying - see it, say it, stop it</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>to recognise bullying and how it can make people feel</li> <li>about different types of bullying and how to respond to incidents of bullying</li> <li>about what to do if they witness bullying</li> </ul>	<p style="color: #9b59b6; font-weight: bold;">Inclusion, belonging &amp; addressing extremism (see lesson 2)</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about belonging to a group or community and the importance of feeling that we belong</li> </ul>	<p style="color: #3498db; font-weight: bold;">Growing and Changing: Families and Feeling good about being different</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about different types of family and how their home-life is special</li> <li>About recognising their own worth as individuals</li> <li>About challenging stereotypes</li> </ul>
<p style="color: #f1c40f; font-weight: bold;">Mindfulness</p>	<p style="color: #f1c40f; font-weight: bold;">Mindfulness</p>	<p style="color: #f1c40f; font-weight: bold;">Mindfulness</p>