




## PHSEE - Year 3

Concepts			
	 <b>Relationships</b> <small>Relationships</small>	 <b>Keeping Safe</b> <small>Keeping Safe</small>	 <b>Identity</b> <small>Identity</small>
Term	Theme	Unit Overview	
<b>Autumn 1</b>	<b>Healthy minds and healthy bodies</b> Emotions and feelings Coping with pressure	<ol style="list-style-type: none"> <li>1. Identifying feelings</li> <li>2. Relaxation techniques 1</li> <li>3. Relaxation techniques 2</li> <li>4. Helpful and unhelpful thoughts 1</li> <li>5. Helpful and unhelpful thoughts 2</li> <li>6. When someone we love dies</li> </ol>	
<b>Autumn 2</b>	<b>Anti-bullying and positive friendships</b> Looking after others What makes a true friend? Healthy relationships: secrets Staying safe on the internet	<ol style="list-style-type: none"> <li>1. Healthy friendships</li> <li>2. Our class friendship code</li> <li>3. What is bullying?</li> <li>4. Keeping safe on the internet and other technologies</li> </ol>	
<b>Spring 1</b>	<b>Living and growing</b> Understanding negative feelings (including feeling sad) Naming body parts: differences between male and female	<ol style="list-style-type: none"> <li>1. Identifying a range of feelings</li> <li>2. Identifying and responding to mood changes</li> <li>3. RSE (see RSE curriculum)</li> </ol>	
<b>Spring 2</b>	<b>Different families, same love</b> Challenging stereotypes Understanding family differences	<ol style="list-style-type: none"> <li>1. Challenging stereotypes 1</li> <li>2. Challenging stereotypes 2</li> <li>3. Understanding family differences</li> </ol>	
<b>Summer 1</b>	<b>Safety</b> Accidents and prevention Drug education: staying safe Keeping safe in the community	<ol style="list-style-type: none"> <li>1. Recognising when we feel safe</li> <li>2. Recognising how to keep ourselves safe from harm 1</li> <li>3. Recognising how to keep ourselves safe from harm 2</li> <li>4. Recognising how to keep ourselves safe from harm 3</li> </ol>	

<b>Summer 2</b>	<b>Safety</b> Identity Feeling safe How trusted adults help us Making safe decisions	<ol style="list-style-type: none"><li>1. Celebrating ourselves; what does it mean to be me?</li><li>2. How we feel safe</li><li>3. What is meant by a trusted adult</li></ol> <ol style="list-style-type: none"><li>1. Making safe decisions/saying no assertively</li></ol>
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