

Year 3 PSHE Medium term plans

Meet Your Brain (Autumn 1)

Meet your brain 1	We are learning how our brain and mind work together. We are learning what Neuroplasticity is.
Meet your brain 2	We are learning more about the Team in our brain, Team H- A-P. We are learning about the role of the Amygdala.
Meet your brain 3	We are learning how to train your brain We are learning why the Amygdala behaves the way it does.
Meet your brain 4	We are learning how the brain is structured. We are learning what Neurons and Neural Pathways are.
Meet your brain 5	We are learning how to look after our brains. We are learning that Happy Breathing is a keyway to look after our brains
Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – I Am Who I Am!	<ul style="list-style-type: none">• To know and understand the difference between the terms physical, emotional and mental
Core Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in One	<ul style="list-style-type: none">• To understand why setting goals is important

Celebrate (Autumn 2)

Celebrate 1	<p>We are learning what character is.</p> <p>We are learning where our character comes from.</p> <p>We are learning which Character Strengths we have.</p>
Celebrate 2	<p>We are learning which strengths we use the most.</p> <p>We are learning why it is important to use our strengths.</p>
Celebrate 3	<p>We are learning what Character Strengths we use the most.</p> <p>We are learning why it is important to use our strengths.</p>
Celebrate 4	<p>We are learning how you can use your strengths in difficult situations.</p> <p>We are learning we can grow our strengths.</p>
Core Theme 1 Unit 6 LESSON 1: E-Safety – Online Chat	<p>To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p>
Core Theme 1 Unit 6 LESSON 2: Online Privacy – The Secrets Jar	<p>To begin to make responsible choices and consider consequences</p>

Core Theme 1 Unit 6 LESSON 3: Online Privacy – E-Protection	• To use ICT safely including keeping electronic data secure
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Appreciate (Spring 1)

Appreciate 1	We are learning what appreciation means. We are learning why Gratitude is important.
Appreciate 2	We are learning how to develop an Attitude of Gratitude. We are learning how it feels to give and receive Gratitude.
Appreciate 3	We are learning how to continue to think about Gratitude and build our habit We are learning which hormone gets released when we give or receive Gratitude
Appreciate 4	We are learning how to appreciate ourselves. We are learning about how we can use our Character Strengths to appreciate ourselves.
Core Theme 1 Unit 5 LESSON 1: Loss / Separation – Lost!	To listen to and show consideration for other people's views To empathise with another viewpoint

<p>Core Theme 1 Unit 5 LESSON 2: Loss / Separation – Found!</p>	<p>To listen to, reflect on and respect other people's views and feelings</p>
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Relate (Spring 2)

<p>Relate 1</p>	<p>We are learning how to understand and Celebrate our differences. We are learning what Stop, Understand and Consider means and how it can help</p>
<p>Relate 2</p>	<p>We are learning how to better understand differences. We are learning how seeing things from a different perspective can get easier.</p>
<p>Relate 3</p>	<p>We are learning what makes a good friend. We are learning how friends help us solve problems.</p>
<p>Relate 4</p>	<p>We are learning how Active Listening can help us to Relate with others.</p>
<p>Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community</p>	<p>To understand why it is important to be part of a community</p>
<p>Core Theme 3 Unit 2</p>	<p>To understand why it is important to be part of a community</p>

LESSON 2: School Communities – School Swap	

Engage (Summer 1)

Engage 1	We are learning about what activities we Engage in. We are learning how to feel good.
Engage 2	We are learning how we can feel good and do good. We are learning what Big Dream Goals are.
Engage 3	We are learning how perseverance and resilience help us. We are learning how to stay keep focussed our goals.
Engage 4	We are recapping everything we have learnt about ourselves this year. We are reflecting on how positive habits help us to be at our best.
Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define: Healthy	To understand the meaning of the word ‘healthy’
Core Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids?	To know the recommended guidelines for physical activity and understand the reasons for these
Core Theme 1 Unit 2	To recognise the need to take responsibility for actions

LESSON 3: Lifestyle Choices – It's Your Choice	To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle
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Summer 2 (From 3D PSHE)

Core Theme 1 Unit 7 LESSON 1: Before Puberty – You've Grown!	<ul style="list-style-type: none"> • To understand that the rate at which we grow differs from person to person • To show awareness of changes that take place as they grow
Core Theme 1 Unit 7 LESSON 2: Visible Changes – Mind the Gap	<ul style="list-style-type: none"> • To know and understand how to look after our teeth • To understand what happens when we lose teeth as we grow up and why this happens
Core Theme 1 Unit 8 LESSON 1: How to Help – Who to Call	<ul style="list-style-type: none"> • To take responsibility for their own safety and the safety of others and be able to seek help in an emergency
Core Theme 1 Unit 8 LESSON 2: Emergency Calls – Calling 999	<ul style="list-style-type: none"> • To know when and how to make an emergency call
Core Theme 1 Unit 8 LESSON 3: Emergency Calls – Ambulance, Now!	<ul style="list-style-type: none"> • To recognise the importance of local organisations in providing for the needs of the local community

	<ul style="list-style-type: none">• To behave safely and responsibly in different situations