



St Anthony of Padua Catholic Primary School Long Term Plan
PSHE/RSHE Medium Term Plan – Year 3



| Term | Topic | Lessons | Resources |
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| Autumn Term Relationships | Family and Friendships | Lesson 1 - To learn about family relationships. | PSHE Association Resource |
| | What makes a family; features of family life | Lesson 2 - To learn about different family structures. | |
| | | Lesson 3 - To learn about change in families. | |
| | Safe Relationships | Lesson 1 – To recognise that there are different types of relationships. - To learn that a feature of positive family life is caring relationships; about the different ways in which people care for one another. | Twinkl |
| | Personal boundaries; safely responding to others; the impact of hurtful behaviour | Lesson 2 – To learn about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing. -To learn that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them. | |
| | | Lesson 3 –To recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships). -To learn how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice. | |
| | | Lesson 4 – To learn that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely | |
| | Respecting ourselves and others Recognising respectful behaviour; the importance of self-respect; courtesy and being polit | Lesson 1 – Being Considerate | PSHE Association |
| | | Lesson 2 – When things go wrong | |
| | | Lesson 3 – Responsibilities | |
| Lesson 4 - I can see others' points of view. I have ways to make up when I have argued with a friend. | | SIL – PSHE Association | |
| Spring Term Living in | Belonging to a community | Lesson 1 – To recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes. | Twinkl – Aiming High |
| | The value of rules and laws; rights, freedoms and responsibilities | Lesson 2 – To recognise that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life | |



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| | | Lesson 3 – To learn about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes. | | |
| | | Lesson 4 – To learn that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life. | | |
| | Media Literacy and Digital Resilience | Lesson 1 - What is your online identity? | | Knowsley CLC Computing Planning |
| | Taught during computing lessons using the Knowsley CLC scheme of work | Lesson 2 - How can you build positive online relationships and be a good digital citizen? | | |
| | | Lesson 3 - How can I create a positive online reputation? | | |
| | | Lesson 4 - What is online bullying and what can I do about it? | | |
| | | Lesson 5 - Do you really know how to use the internet? | | |
| | | Lesson 6 - Can technology impact on your health | | |
| | | Lesson 7 - How secure are you with your online information and accounts? | | |
| | | Lesson 8 - Who owns the information on the internet? | | |
| Money and work | Lesson 1 – To learn about influences and setting goals. | LOUD | | |
| Different jobs and skills; job stereotypes; setting personal goals | | | | |
| Summer Term Health and Wellbeing | Physical health and Mental wellbeing | Lesson 1 - To learn what makes a healthy diet and why this is important. | PSHE Association Resource | |
| | Health choices and habits; what affects feelings; expressing feelings | Lesson 2 - To learn about influences and making healthy choices when deciding what to eat or drink. | | |
| | | Lesson 3 - To learn how to plan and prepare a healthy meal. | | |
| | Growing and changing | Lesson 1 – To learn about personal identity and how people express their identity. | PSHE Association Resource | |



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| | Personal strengths and achievements; managing and reframing setbacks | | |
| | Keeping safe | Lesson 1 - To learn how to assess and manage risk at home. | PSHE Association Resource |
| | Risks and hazards; safety in the local environment and unfamiliar places | Lesson 2 - To learn how to take responsibility for personal safety around roads. | |
| | | Lesson 3 - To learn how to recognise and manage risk in relation to railways. | |
| | | Lesson 4 - To learn about keeping safe around fireworks, bonfires and sparklers. | |