



St Anthony of Padua Catholic Primary School Long Term Plan

PSHE/RSHE Medium Term Plan – Year 3



Term	Topic	Lessons	Resources
Autumn Term Relationships	Family and Friendships What makes a family; features of family life	Lesson 1 - To learn about family relationships.	https://pshe-association.org.uk/resource/families-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=families
		Lesson 2 - To learn about different family structures.	
		Lesson 3 - To learn about change in families.	
	Safe Relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour	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
		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	https://pshe-association.org.uk/resource/friendship-and-bullying?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=friendship-and-bullying SIL – PSHE Association
		Lesson 2 – When things go wrong	
		Lesson 3 - I can see others' points of view. I have ways to make up when I have argued with a friend.	
Spring Term Living in the wider world	Belonging to a community The value of rules and laws; rights, freedoms and responsibilities	Lesson 1 – To recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes.	Twinkl
		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	
		Lesson 3 – To learn about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.	



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		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 Taught during computing lessons using the Knowsley CLC scheme of work	Lesson 1 - What is your online identity?	Knowsley CLC Computing Planning
		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 Different jobs and skills; job stereotypes; setting personal goals	Lesson 1 – To learn about influences and setting goals.	LOUD Financial education resource - Not a fairy good idea. (book). Links to influence and settings. Why do people have jobs.
Summer Term Health and Wellbeing	Physical health and Mental wellbeing Health choices and habits; what affects feelings; expressing feelings	Lesson 1 - To learn what makes a healthy diet and why this is important.	https://pshe-association.org.uk/resource/health-education-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=health-education-ks1-2
		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 Personal strengths and achievements; managing and reframing setbacks	Lesson 1 – To learn about personal identity and how people express their identity.	https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=personal-identity
	Keeping safe	Lesson 1 - To learn how to assess and manage risk at home.	PSHE Association
		Lesson 2 - To learn how to take responsibility for personal safety around roads.	



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	Risks and hazards; safety in the local environment and unfamiliar places	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.	