



Year 3 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	Respecting our bodies: <ul style="list-style-type: none"> We need to respect and look after our bodies as a gift from God 	Lesson 1	Drugs, Alcohol and Tobacco: <ul style="list-style-type: none"> Understand the effect that a range of substances including drugs, alcohol and tobacco can have on the body Learn that our bodies are created by God, so we should take care of them and be careful about what we consume 	Lesson 1	Sharing Online: <ul style="list-style-type: none"> Recognise that their increasing independence brings increased responsibility to keep themselves and others safe Learn how to use technology safely Know what we watch, hear, say or do can be good or bad for us and others Know how to report and get help if they encounter inappropriate materials or messages
Lesson 2	Meet your brain: <ul style="list-style-type: none"> Learn how our brain and mind work together Learn what Neuroplasticity is 	Lesson 2	First Aid Heroes: <ul style="list-style-type: none"> Learn that it is important to remain calm in an emergency Learn how quick reactions in an emergency can save a life Children can help in an emergency using their First Aid knowledge 	Lesson 2	Chatting Online: <ul style="list-style-type: none"> Learn how to use technology safely. Know that bad language and bad behaviour are inappropriate. Learn how to report and get help if they encounter inappropriate materials or messages.
Lesson 3	Meet your brain: <ul style="list-style-type: none"> Learn more about the Team in our brain, Team H-A-P We are learning about the role of the Amygdala 	Lesson 3	Appreciate: <ul style="list-style-type: none"> Learn what appreciation means Learn why gratitude is important 	Lesson 3	Engage: <ul style="list-style-type: none"> Learn about what activities we engage in Learn how to feel good
Lesson 4	Meet your brain: <ul style="list-style-type: none"> Learn how to train your brain Learn why the Amygdala behaves the way it does 	Lesson 4	Appreciate: <ul style="list-style-type: none"> Learn how to develop an Attitude of Gratitude Learn how it feels to give and receive gratitude 	Lesson 4	Engage: <ul style="list-style-type: none"> Learn how we can feel good and do good Learn what Big Dream Goals are

Lesson 5	Meet your brain: <ul style="list-style-type: none"> Learn how the brain is structured Learn what Neurons and Neural Pathways are 	Lesson 5	Appreciate: <ul style="list-style-type: none"> Learn how to continue to think about Gratitude and build our habit Learn which hormone gets released when we give or receive Gratitude 	Lesson 5	Engage: <ul style="list-style-type: none"> Learn how perseverance and resilience help us Learn how to stay focussed on our goals
Lesson 6	Meet your brain: <ul style="list-style-type: none"> Learn how to look after our brains Learn that Happy Breathing is a key way to look after our brains 	Lesson 6	Appreciate: <ul style="list-style-type: none"> Learn how to appreciate ourselves Learn about how we can use our Character Strengths to appreciate ourselves 	Lesson 6	Engage: <ul style="list-style-type: none"> Recap everything we have learnt about ourselves this year Reflect on how positive habits help us to be at our best
Autumn 2		Spring 2		Summer 2	
Lesson 1	What is Puberty? <ul style="list-style-type: none"> Learn what puberty means? Learn when they can expect puberty to take place? Understand that puberty is part of God's plan for us? 	Lesson 1	Rights and Responsibilities: <ul style="list-style-type: none"> It is our responsibility to follow the rules at home, school and in our country Some of our rules and laws are based on our rights Rights protect us and ensure everyone is treated equally Our Gospel values promote the dignity and equality of all 		
Lesson 2	Safe in my Body: <ul style="list-style-type: none"> Recognise what kind of physical contact is acceptable or unacceptable and how to respond. Learn about different kinds of abuse, including abuse of private part Learn that there are different people we can trust for help 	Lesson 2	Relate: <ul style="list-style-type: none"> Learn how to understand and celebrate our differences Learn what Stop, Understand and consider means and how it can help 		
Lesson 3	Celebrate: <ul style="list-style-type: none"> Learn what character is Learn where our character comes from Learn which Character Strengths we have 	Lesson 3	Relate: <ul style="list-style-type: none"> Learn how to better understand differences Learn how seeing things from a different perspective can get easier 		

Lesson 4	Celebrate: <ul style="list-style-type: none"> • Learn which strengths we use the most • Learn why it is important to use our strengths 	Lesson 4	Relate: <ul style="list-style-type: none"> • Learn what makes a good friend • Learn how friends help us solve problems 		
Lesson 5	Celebrate: <ul style="list-style-type: none"> • Learn what character strengths we use the most • Learn why it is important to use our strengths 	Lesson 5	Relate: <ul style="list-style-type: none"> • Learn how Active Listening can help us tolerate with others 		
Lesson 6	Celebrate: <ul style="list-style-type: none"> • Learn how you can use your strengths in difficult situations • Learn we can grow our strengths 				

- **PSHE – My Happy Mind**
- **PSHE – Ten Ten Life to the Full Plus (PSHE)**
- **RSE – Ten Ten Life to the Full (RSE)**