



## Year 3 PSHE & RSE Curriculum Map

| Autumn 1 |                                                                                                                                                                                      | Spring 1 |                                                                                                                                                                                                                                                                                                                                                                                                                       | Summer 1 |                                                                                                                                                                                                                                                                              |
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| Lesson 1 | <b>Respecting our bodies:</b> <ul style="list-style-type: none"> <li>We need to respect and look after our bodies as a gift from God</li> </ul>                                      | Lesson 1 | <b>Sharing Online:</b> <ul style="list-style-type: none"> <li>Recognise that their increasing independence brings increased responsibility to keep themselves and others safe</li> <li>Learn how to use technology safely</li> <li>Know what we watch, hear, say or do can be good or bad for us and others</li> <li>Know how to report and get help if they encounter inappropriate materials or messages</li> </ul> | Lesson 1 | <b>I am thankful:</b> <ul style="list-style-type: none"> <li>Some behaviour is wrong, unacceptable, unhealthy and/or risky</li> <li>Thankfulness builds resilience against feelings of envy, inadequacy, insecurity and against pressure from peers and the media</li> </ul> |
| Lesson 2 | <b>Meet your brain:</b> <ul style="list-style-type: none"> <li>Learn how our brain and mind work together</li> <li>Learn what Neuroplasticity is</li> </ul>                          | Lesson 2 | <b>Chatting Online:</b> <ul style="list-style-type: none"> <li>Learn how to use technology safely.</li> <li>Know that bad language and bad behaviour are inappropriate.</li> <li>Learn how to report and get help if they encounter inappropriate materials or messages.</li> </ul>                                                                                                                                   | Lesson 2 | <b>Life Cycles:</b> <ul style="list-style-type: none"> <li>That they were made by God with the help of their parents</li> <li>How a baby grows and develops in its mother's womb</li> <li>How life in the womb fits into the life cycle</li> </ul>                           |
| Lesson 3 | <b>Meet your brain:</b> <ul style="list-style-type: none"> <li>Learn more about the Team in our brain, Team H-A-P</li> <li>We are learning about the role of the Amygdala</li> </ul> | Lesson 3 | <b>Appreciate:</b> <ul style="list-style-type: none"> <li>Learn what appreciation means</li> <li>Learn why gratitude is important</li> </ul>                                                                                                                                                                                                                                                                          | Lesson 3 | <b>Engage:</b> <ul style="list-style-type: none"> <li>Learn about what activities we engage in</li> <li>Learn how to feel good</li> </ul>                                                                                                                                    |
| Lesson 4 | <b>Meet your brain:</b> <ul style="list-style-type: none"> <li>Learn how to train your brain</li> <li>Learn why the Amygdala behaves the way it does</li> </ul>                      | Lesson 4 | <b>Appreciate:</b> <ul style="list-style-type: none"> <li>Learn how to develop an Attitude of Gratitude</li> <li>Learn how it feels to give and receive gratitude</li> </ul>                                                                                                                                                                                                                                          | Lesson 4 | <b>Engage:</b> <ul style="list-style-type: none"> <li>Learn how we can feel good and do good</li> <li>Learn what Big Dream Goals are</li> </ul>                                                                                                                              |

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| Lesson 5        | <b>Meet your brain:</b> <ul style="list-style-type: none"> <li>Learn how the brain is structured</li> <li>Learn what Neurons and Neural Pathways are</li> </ul>                                                                                                                                                                                       | Lesson 5        | <b>Appreciate:</b> <ul style="list-style-type: none"> <li>Learn how to continue to think about Gratitude and build our habit</li> <li>Learn which hormone gets released when we give or receive Gratitude</li> </ul>                                                                                                                                                   | Lesson 5        | <b>Engage:</b> <ul style="list-style-type: none"> <li>Learn how perseverance and resilience help us</li> <li>Learn how to stay focussed on our goals</li> </ul>                                                                                                                                                                           |
| Lesson 6        | <b>Meet your brain:</b> <ul style="list-style-type: none"> <li>Learn how to look after our brains</li> <li>Learn that Happy Breathing is a key way to look after our brains</li> </ul>                                                                                                                                                                | Lesson 6        | <b>Appreciate:</b> <ul style="list-style-type: none"> <li>Learn how to appreciate ourselves</li> <li>Learn about how we can use our Character Strengths to appreciate ourselves</li> </ul>                                                                                                                                                                             | Lesson 6        | <b>Engage:</b> <ul style="list-style-type: none"> <li>Recap everything we have learnt about ourselves this year</li> <li>Reflect on how positive habits help us to be at our best</li> </ul>                                                                                                                                              |
| <b>Autumn 2</b> |                                                                                                                                                                                                                                                                                                                                                       | <b>Spring 2</b> |                                                                                                                                                                                                                                                                                                                                                                        | <b>Summer 2</b> |                                                                                                                                                                                                                                                                                                                                           |
| Lesson 1        | <b>What am I Feeling:</b> <ul style="list-style-type: none"> <li>That emotions change as they grow up</li> <li>About the range and intensity of their feelings and that feelings</li> <li>Feelings are neither good or bad</li> <li>What 'emotional well-being' means and that positive actions and talking to trusted people enhance this</li> </ul> | Lesson 1        | <b>Rights and Responsibilities:</b> <ul style="list-style-type: none"> <li>It is our responsibility to follow the rules at home, school and in our country</li> <li>Some of our rules and laws are based on our rights</li> <li>Rights protect us and ensure everyone is treated equally</li> <li>Our Gospel values promote the dignity and equality of all</li> </ul> | Lesson 1        | <b>Family, friends and others</b> <ul style="list-style-type: none"> <li>Be able to articulate who is in their family</li> <li>Describe the qualities of friendship</li> <li>Discuss some strategies they can adopt for when relationships go wrong</li> </ul>                                                                            |
| Lesson 2        | <b>What am I looking at:</b> <ul style="list-style-type: none"> <li>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>That God made us and loves us as we are</li> </ul>                                                                                                  | Lesson 2        | <b>Relate:</b> <ul style="list-style-type: none"> <li>Learn how to understand and celebrate our differences</li> <li>Learn what Stop, Understand and consider means and how it can help</li> </ul>                                                                                                                                                                     | Lesson 2        | <b>When things feel bad</b> <ul style="list-style-type: none"> <li>Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying</li> <li>Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond</li> </ul> |
| Lesson 3        | <b>Celebrate:</b> <ul style="list-style-type: none"> <li>Learn what character is</li> <li>Learn where our character comes from</li> <li>Learn which Character Strengths we have</li> </ul>                                                                                                                                                            | Lesson 3        | <b>Relate:</b> <ul style="list-style-type: none"> <li>Learn how to better understand differences</li> <li>Learn how seeing things from a different perspective can get easier</li> </ul>                                                                                                                                                                               | Lesson 3        | <b>Balancing needs</b> <ul style="list-style-type: none"> <li>Understand that everyone's needs matter in a healthy relationship.</li> <li>Know how to set and respect boundaries with friends, family, peers, and adults.</li> </ul>                                                                                                      |

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|                 |                                                                                                                                                                             |                 |                                                                                                                                                    |                 | <ul style="list-style-type: none"><li>• Practise sharing feelings and needs in a calm, kind, and confident way.</li><li>• Recognise when a relationship feels uncomfortable or unhappy, and know how to ask for help.</li></ul> |
| <b>Lesson 4</b> | <b>Celebrate:</b> <ul style="list-style-type: none"><li>• Learn which strengths we use the most</li><li>• Learn why it is important to use our strengths</li></ul>          | <b>Lesson 4</b> | <b>Relate:</b> <ul style="list-style-type: none"><li>• Learn what makes a good friend</li><li>• Learn how friends help us solve problems</li></ul> | <b>Lesson 4</b> | <b>How do I love others?</b> <ul style="list-style-type: none"><li>• That God wants His Church to love and care for others.</li><li>• To devise practical ways of loving and caring for others.</li></ul>                       |
| <b>Lesson 5</b> | <b>Celebrate:</b> <ul style="list-style-type: none"><li>• Learn what character strengths we use the most</li><li>• Learn why it is important to use our strengths</li></ul> | <b>Lesson 5</b> | <b>Relate:</b> <ul style="list-style-type: none"><li>• Learn how Active Listening can help us tolerate with others</li></ul>                       |                 |                                                                                                                                                                                                                                 |
| <b>Lesson 6</b> | <b>Celebrate:</b> <ul style="list-style-type: none"><li>• Learn how you can use your strengths in difficult situations</li><li>• Learn we can grow our strengths</li></ul>  |                 |                                                                                                                                                    |                 |                                                                                                                                                                                                                                 |

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