



Our PSHE lessons this half term in Year Y3

This half term, our classes will all be learning about the topic Being my Best. The majority of the content in these lessons is **statutory for all pupils** in line with the DfE Relationships Education and Health Education statutory requirements.

We feel it would be useful for our parents and carers to have a clear idea of what sort of content is being introduced in our lessons as they are REALLY important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! ☺

Mrs Helen Jones

PSHE lead teacher

| Lesson | Lesson Focus | Lesson Content |
|--------|---|--|
| 1 | Community Focus Lesson | <ul style="list-style-type: none">● Loss and bereavement part 2 |
| 2 | Poorly Harold | <ul style="list-style-type: none">● Explain how some infectious illnesses are spread from one person to another;● Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses;● Suggest medical and non-medical ways of treating an illness. |
| 3 | For or against? | <ul style="list-style-type: none">● Develop skills in discussion and debating an issue;● Demonstrate their understanding of health and wellbeing issues that are relevant to them;● Empathise with different view points;● Make recommendations, based on their research |
| 4 | I am fantastic! | <ul style="list-style-type: none">● Identify their achievements and areas of development;● Recognise that people may say kind things to help us feel good about ourselves;● Explain why some groups of people are not represented as much on television/in the media. |
| 5 | Post unit assessment Pre unit assessment | <ul style="list-style-type: none">● Children will have a reflective assessment on their previous and upcoming unit of work, Growing and changing. |
| 6 | Relationship tree | <ul style="list-style-type: none">● Identify different types of relationships;● Recognise who they have positive healthy relationships with. |