

<u>Unit</u>	<u>Resources</u>
<u>Unit 1</u> <u>Living in the Wider World (Shared Responsibility)</u> L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws	
<u>Unit 2</u> <u>Healthy Lifestyles (physical wellbeing)</u> H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it	See Handwashing resources on Shared Drive. Lifebuoy – Soaper Heroes.
H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn	Kapow Y3 H/W lesson 1 PSHE Association The Sleep Factor Lesson plans
H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online	
H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.	
<u>Unit 3</u> <u>Healthy Lifestyles (mental health)</u> H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile)	

<p>H16. about strategies and behaviours that support mental health – including how physical exercise/time outdoors, clubs, and activities, hobbies can support mental health and wellbeing.</p>	
<p><u>Ourselves, growing and changing</u> H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.</p>	<p>Kapow Y3 H/W lesson 5</p>
<p><u>Living in the Wider World (Economic Wellbeing: Aspirations, work and career</u> L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes</p>	
<p>L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation</p>	
<p><u>Relationships (Respecting Self and Others)</u> R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships</p>	<p>Kapow Y3 F/R lesson 4 Kapow Y4 F/R lesson 1</p>
<p><u>Unit 4</u> <u>Healthy Lifestyles (Keeping Safe)</u> H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to games and online gaming</p>	
<p>H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact</p>	
<p><u>Living in the Wider World (Media literacy & digital resilience)</u></p>	<p>Kapow Y3 Safety lesson 5</p>

L11. recognise ways in which the internet and social media can be used both positively and negatively	
L15. recognise things appropriate to share and things that should not be shared on social media.	Kapow Y4 Safety lesson 2
<u>Relationships (Friendships)</u> R18. to recognise if a friendship (online) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary in relation to Online Gaming.	

Year 3 Discrete Lessons

Health and Wellbeing (H) Healthy Lifestyles (Physical Wellbeing)	H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity. Science	Kapow Y3 H/W lesson 1
Healthy Lifestyles (Mental Wellbeing)	H17. to recognise that feelings can change over time and range in intensity	PSHE Association Mental Health and Emotional Wellbeing lesson plans.
	H18. about everyday things that affect feelings and the importance of expressing feelings	
	H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;	Kapow Y4 H/W lesson 6
Healthy Lifestyles (Ourselves, growing and changing)	H27. to recognise their individuality and personal qualities	Kapow Y3 H/W lesson 3, 4

	H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth	
Relationships (R) Respecting self and others	R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background (Focus on personality and learning styles.) Link to H27/H28	Kapow Y3 F/R lesson 6
Healthy Lifestyles (Keeping Safe)	H38. how to predict, assess and manage risk in different situations (Safety Week - June?)	Child Accident Prevention Trust
	H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about (Safety Week - June?)	Child Accident Prevention Trust Kapow Y3 Safety lesson 8 - road safety.
Living in the Wider World (L) Economic Wellbeing: Aspirations, work and career	L26. 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	Kapow Y3 E/W lesson 5 Kapow Y4 E/W lesson 5 PSHE Association LOUD! Jobs, Skills, Influences and Goals.
	L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them	Kapow Y2 F/R lesson 7 Kapow Y3 E/W lesson 6 Kapow Y4 E/W lesson 4
Relationships (R) Families and Close	R1. to recognise that there are different types of relationships (e.g. friendships, family relationships)	

Positive Relationships		
	R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another	Kapow Y3 F/R lesson 1
	R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability	Kapow Y3 F/R lesson 1 Kapow Y4 F/R lesson 7
	R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice	Kapow Y3 F/R lesson 1
Relationships (R) Managing hurtful behaviour and bullying	R19. about the impact of bullying, offline and the consequences of hurtful behaviour	Kapow Y3 F/R lesson 3
	R20. strategies to respond to hurtful behaviour experienced or witnessed, offline (including teasing, name-calling, bullying, harassment or the deliberate excluding of others); how to report concerns and get support – offline	Kapow Y4 F/R lesson 4