



Harehills Primary School Personal Social Health Education (PSHE) overview

| Year 3 | | |
|--|---|---|
| Autumn 1 | Spring 1 | Summer 1 |
| MindMate: Feeling Good & Being Me | MindMate: Life Changes | MindMate: Being the Same & Being Different |
| <p style="color: #e67e22; font-weight: bold;">Physical health and wellbeing: What helps me choose?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about making healthy choices about food and drinks about how branding can affect what foods people choose to buy about keeping active and some of the challenges of this <p style="text-align: center; color: #e67e22; font-weight: bold;">Online safety</p> <ul style="list-style-type: none"> about aspects of their own online identities and explore the boundaries of freedom of expression online. | <p style="color: #3498db; font-weight: bold;">Identity, society and equality: celebrating difference</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> Pupils learn about valuing the similarities and differences between themselves and others Pupils learn about what is meant by community Pupils learn about belonging to groups | <p style="color: #9b59b6; font-weight: bold;">Drug, Alcohol and Tobacco Education: Tobacco is a drug</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> the definition of a drug and that drugs (including medicines) can be harmful to people about the effects and risks of smoking tobacco and second-hand smoke about the help available for people to remain smoke free or stop smoking Additional asthma lesson for Year 3 that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use |
| <p style="color: #e67e22; font-weight: bold;">Mindfulness</p> | <p style="color: #e67e22; font-weight: bold;">Mindfulness</p> | <p style="color: #e67e22; font-weight: bold;">Mindfulness</p> |
| Autumn 2 | Spring 2 | Summer 2 |
| MindMate: Friends & Family | MindMate: Strong Emotions | MindMate: Solving Problems - Making it Better |
| <p style="color: #27ae60; font-weight: bold;">Keeping safe and managing risk: Bullying - see it, say it, stop it</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> to recognise bullying and how it can make people feel about different types of bullying and how to respond to incidents of bullying about what to do if they witness bullying | <p style="color: #9b59b6; font-weight: bold;">Inclusion, belonging & addressing extremism (see lesson 2)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about belonging to a group or community and the importance of feeling that we belong | <p style="color: #3498db; font-weight: bold;">Growing and Changing: Families and Feeling good about being different</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about different types of family and how their home-life is special About recognising their own worth as individuals About challenging stereotypes |
| <p style="color: #e67e22; font-weight: bold;">Mindfulness</p> | <p style="color: #e67e22; font-weight: bold;">Mindfulness</p> | <p style="color: #e67e22; font-weight: bold;">Mindfulness</p> |