



RSE and PSHE lesson overview per year group

YEAR 3	
Family and relationships	
Lesson 1	Introduction to RSE and setting ground rules
Lesson 2	Healthy families
Lesson 3	Friendship - conflict and resolution
Lesson 4	Friendship - conflict v bullying
Lesson 5	Effective communication to support relationships
Lesson 6	Learning who to trust
Lesson 7	Stereotyping - in everyday life
Lesson 8	Where do stereotypes come from?
Safety and the changing body	
Lesson 1	Emergencies and calling for help
Lesson 2	Basic first aid - bites & stings
Lesson 3	Communicating safely online
Lesson 4	Cyberbullying
Lesson 5	Fake emails
Lesson 6	Making choices for myself
Lesson 7	Who and what can influence my decisions and how to make the right choices for me <i>(there is an optional scenario which features a character being persuaded to try some alcohol whilst at a friend's house)</i>
Lesson 8	Road safety
Health and wellbeing	
Lesson 1	My Healthy diary - physical activity, rest and diet
Lesson 2	Relaxation - stretches
Lesson 3	Wonderful me!
Lesson 4	My superpowers
Lesson 5	Breaking down problems
Lesson 6	Diet and dental health

Citizenship	
Lesson 1	Rights of the child
Lesson 2	Rights and responsibility
Lesson 3	Recycling
Lesson 4	Local community groups
Lesson 5	Charity
Lesson 6	Local democracy
Lesson 7	Rules
Economic wellbeing	
Lesson 1	Ways of paying
Lesson 2	Budgeting
Lesson 3	How spending affects others
Lesson 4	Impact of spending
Lesson 5	Jobs and careers
Lesson 6	Gender and careers
Transition	
Lesson 1	Transition lesson