

Whitley Abbey Primary School

Year 3 PSHE Curriculum

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Autumn			Spring			Summer		
PSHE-	Character Education-	Growth Mindset	PSHE-	Character Education-	Growth Mindset	PSHE-	Character Education-	Growth Mindset
Relationships	Caring Helpfulness Cooperation Courage kindness	What is a growth mindset? Resilience	Living in the wider world	Cleanliness, fairness, friendliness, patience, respect	Reciprocity Resourcefulness	Health and Well being	Courtesy, forgiveness, determination, self-discipline, gratitude, honesty.	Reflection What kind of superhero am I?
Focus			Key knowledge		Core Vocabulary	POP tasks	Links to Curriculum Drivers	Resources/ planning
<p>Throughout the year - Mental Health and Wellbeing. Everyday Feelings. Expressing Feelings Managing Feelings</p> <p>Use of Public Health England materials as needed. https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview</p> <p>Thrive materials and action planning used throughout the year. Individual and class action plans created.</p>			identify that feelings/emotions are part of a person's health and wellbeing <ul style="list-style-type: none"> recognise that feelings usually change throughout the day give examples of everyday things that can affect feelings describe what can help people to feel good/better name a wide range of feelings and emotions <ul style="list-style-type: none"> match feelings to a scale of intensity and identify strong feelings describe different feelings and how they are experienced in the body recognise why it is important for people to express their feelings 		Feeling, emotion, health, body, mind, good, not so good, body, mind, express, describe, intense, strong, happy, sad, scared, angry, worried, pleased (plus range of vocabulary to describe different feelings) action, behaviour, situation, surprise, excitement, anger, fear, disappointment, sadness, nervous, embarrassed, relieved, unsure, ashamed, relaxed.		Well being	PSHE Association – Mental Health and wellbeing lessons (KS1) – see link below
Autumn								
<p>PSHE/RSE: Relationships Families and Friendships Safe relationships – Respecting ourselves and others –</p>			<p>Families and Friendships – What makes a family; features of family life. Safe relationships – Personal boundaries; safely responding to others; the impact of hurtful behaviour. Respecting ourselves and others – Recognising respectful behaviour; the</p>				Well being Community	PSHE Association Thematic Model – see link below.

	importance of self-respect; courtesy and being polite.				
Character Education An introduction to our Whitley Core Values and their characters – kindness, friendship, courage, honesty, gratitude and resilience. Caring – Helpfulness – Cooperation – Courage – National Kindness Week – Reflection –	An introduction to our Whitley Core Values and their characters – kindness, friendship, courage, honesty, gratitude and resilience . Caring – Caring for our school Helpfulness – People who need our help Cooperation – Bury the hatchet/Strengths and needs Courage – Learning from mistakes National Kindness Week – Secret agents of kindness		Aristotle’s Bottles.	Community Well being	Jubilee Centre for Character Education – see link below.
Growth Mindset Autumn 1 What is growth mindset? Year group focus lessons: Autumn 2 Professor Resilience Managing distractions; recognising and reducing interruptions Perseverance; stickability	Autumn 1 Year group focus: On the high wire Firing Neurons Born to be.... Mistakes that worked Challenge mountains Never give up! Autumn 2 Whole school assembly and cross curricular focus: Resilience: Professor Resilience (Being ready, willing able to lock on to learning.) Lower KS2 focus: <i>(review ks1 skills) Managing distractions; recognising and reducing interruptions</i> <i>Perseverance; stickability</i> Absorption; the pleasure of being rapt in learning.			Love of learning Well being	
Spring					
PSHE/RSE: Living in the Wider World Belonging to a community – Media literacy and digital resilience – Money and Work –	PSHE/RSE: Living in the Wider World Belonging to a community – The value of rules and laws; rights, freedoms and responsibilities. Media literacy and digital resilience – How the internet is used; assessing information online. Money and Work – Different jobs and skills; job stereotypes; setting personal goals.			Community Well being Possibilities	PSHE Association Thematic Model – see link below.
Character Education Cleanliness Fairness Friendliness Service Project	Cleanliness – Looking after and cleaning our teeth. Fairness – Two sides to every story. Friendliness – What do our friends need from us?		Virtue Shields or Aristotle’s Bottles.	Well being Community	Jubilee Centre for Character

<p>Patience Respect Reflection</p>	<p>Service Project – Fundraising for a local charity. Patience – Patient hands/ Brain, board, book, buddy, boss. Respect – Showing respect whilst out and about/Showing respect at home.</p>				<p>Education – see link below.</p>
<p><u>Growth Mindset</u> Spring 1 Whole school assembly and cross curricular focus: Resourcefulness: Doctor Resourceful (being ready, willing and able to learn in different ways.) Spring 2 Whole school assembly and cross curricular focus: Reciprocity: Reciprocity Ranger (being ready, willing and able to learn alone and with others)</p>	<p><u>Spring 1</u> Lower KS2 focus: <i>(review KS1 skills) Questioning; getting below the surface</i> <i>Imagining; using your mind’s eye</i> Reasoning; thinking rigorously and methodically. <u>Spring 2</u> Lower KS2 focus: <i>(review ks1 skills) Collaboration; the skill of learning with others</i> <i>Interdependence; balancing self-reliance and sociability.</i> Imitation; picking up others’ habits and values.</p>			<p>Love of learning. Community</p>	
<p>Summer</p>					
<p><u>PSHE/RSE: Health and Wellbeing</u> Physical health and Mental Wellbeing – Growth and changing – Keeping Safe – NSPCC – Share Aware Lesson Plans and Resources</p>	<p>PSHE/RSE: Health and Wellbeing Physical health and Mental Wellbeing – Health choices and habits; what affects feelings; expressing feelings. Growth and changing – Personal strengths and achievements; managing and reframing setbacks. Keeping Safe – Risks and hazards; safety in the local environment and unfamiliar places.</p>			<p>Wellbeing</p>	
<p><u>Character Education</u> Courtesy – Forgiveness – Determination Self-discipline –</p>	<p>Courtesy – Courtesy to others: school visitors Forgiveness – Why should I forgive?/Please forgive me Determination – If at first you don’t succeed/I’m a believer. Self-discipline – A bubbly challenge! Gratitude – A visit from a school staff member/Thanking the classroom visitor. Honesty – Scenarios/Honesty role play.</p>		<p>Virtue Shields, Aristotle’s Bottles or Reflection writing</p>	<p>Love of learning Community</p>	<p>Jubilee Centre for Character Education – see link below.</p>

Gratitude –					
Honesty –					
<p>Summer 1 Growth Mindset Whole school assembly and cross curricular focus: Reflectiveness: Captain Reflective Summer 2</p> <p>What kind of a super-hero am I?</p>	<p>Summer 1 Lower KS2 focus: <i>(review KS1 skills) Planning; working learning out in advance</i> Revising; monitoring and adapting along the way. Summer 2</p> <p>What kind of a super-hero am I?</p>		What Kind of Super-hero am I?	Love of learning	

PSHE Association Thematic Model

https://www.pshe-association.org.uk/system/files/2.%20Primary%20Programme%20Builder%20-%20Thematic%20model_1.pdf

PSHE Association Mental Health and Wellbeing

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>

Jubilee Centre for Character Education

<https://www.jubileecentre.ac.uk/1635/character-education>

NSPCC Share Aware

<https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching>

Public Health England Rise Above Website.

<https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>

