



PSHE in Year 3 at Plymouth Grove

PSHE (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to information about themselves and the world around them, and encourages them to explore big ideas and conversations. At the heart of this, we encourage respect and understanding of the universal rights of the child, as set out in the UNCRC. We teach PSHE weekly, following the National Curriculum, and it is led by our class teachers.

Our curriculum is split into the three key themes of **Health and Wellbeing**, **Relationships** and **Living in the Wider World**. Every lesson, we will explore a question together - below, you can see an overview of what your child will be studying this year.

Health and Wellbeing	Relationships	Living in the Wider World
<p>What things might cause harm or injury?</p> <p>How do I keep my body safe and protected? Who can touch my body?</p> <p>How can health /hygiene routines keep me healthy?</p> <p>What should I do if there is an accident?</p> <p>What does it mean to be healthy? How can I protect my physical and mental health?</p> <p>What is a healthy balanced diet?</p> <p>How can I look after my teeth?</p> <p>What influences my choices about eating, drinking and exercise?</p> <p>Where should I get advice about my health?</p> <p>Why is physical exercise important? What can happen if I don't get enough sleep or exercise?</p>	<p>How can I be a good friend?</p> <p>How can I manage a difficult friendship?</p> <p>How do I know if a friendship is making me unhappy? What should I do?</p> <p>How can I recognise and manage peer pressure?</p> <p>Who is special to me?</p> <p>How are families different?</p> <p>What good things might a family do together?</p> <p>How does a family care for each other?</p> <p>What should I do if family relationships are making me worried?</p>	<p>What rights do we have and how are they protected?</p> <p>Which groups do I belong to?</p> <p>What is a diverse community?</p> <p>How can our community value everyone?</p> <p>Why is it important to be respectful?</p> <p>How can I celebrate and respect different people?</p>

We are happy to further discuss the PSHE curriculum - please see your child's teacher for more details.