



PSHE in Year 3 & 4 at Bridgelea Primary School

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 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.

| Living in the Wider World | Relationships & RSE | Keeping Safe | Mental & Emotional Health | Healthy Lifestyles | Transitions |
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| <p><u>Year 3 objectives</u></p> <p>Rules and laws. How do rules and laws protect me?</p> <p>Community. What is the difference between my local British community and global communities?</p> <p>Work and money. What are the links between work and money?</p> <p><u>Year 4 objectives</u></p> <p>Rights of the child. What are the rights of a child?</p> <p>Looking after money. How do we look after our money?</p> <p>Sustainability. What is sustainability?</p> | <p><u>Year 3 objectives</u></p> <p>Personal Space. What is personal space?</p> <p>Healthy relationships. What does a healthy relationship look like?</p> <p>Equal relationships. Why is being equal important in relationships?</p> <p><u>Year 4 objectives</u></p> <p>Diversity. What is diversity?</p> <p>Gender roles. Do boys and girls have different roles? Changes to my body. What changes happen to my body?</p> | <p><u>Year 3 objectives</u></p> <p>Smoke. What happens when I breathe smoke in the air?</p> <p>Recognizing risk. How do I recognise risks in my life?</p> <p>Responding to an emergency. What do I do in an emergency?</p> <p><u>Year 4 objectives</u></p> <p>Managing risk. How do I manage risks in my life?</p> <p>Self-control. What is self-control?</p> <p>Types of drugs. What is the difference between legal and illegal drugs? Are all drugs harmful?</p> | <p><u>Year 3 objectives</u></p> <p>Emotions. How do my feelings affect my behavior? How can I manage my feelings?</p> <p>Online Safety. What are the ways we are communicating online?</p> <p>Strengths and differences. What am I good at?</p> <p><u>Year 4 objectives</u></p> <p>Resilience. What is resilience?</p> <p>Actions and responsibilities. What does it mean to have responsibility over my choices and actions?</p> <p>Discrimination. What is discrimination?</p> | <p><u>Year 3 objectives</u></p> <p>Healthy diet. What is a healthy diet? What is an unhealthy diet?</p> <p>Sun safety. How do I keep safe in the sun?</p> <p>Personal hygiene. Why is personal hygiene important?</p> <p><u>Year 4 objectives</u></p> <p>Sleeping Well. How do I make sure I sleep well?</p> <p>Healthy diet. What is fuel for the body?</p> <p>Feeling ill. How do I know if I am ill?</p> | Nurture Principle Transitions are important in the lives of children. Children will access learning and activities around transitions. |
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