

PSHE curriculum
'Let Your Light Shine'
Matthew 5:16



Year group 3	My Happy Mind	Other coverage
<p>Autumn 1</p>	<p>Meet your Brain</p>	<p>Healthy Lifestyles Pupils will learn - H5. about what good physical health means; how to recognise early signs of physical illness H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle. H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.</p>
<p>Autumn 2</p>	<p>Celebrate</p>	<p>Keeping safe Pupils will learn - H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.</p>

<p>Spring 1</p>	<p>Appreciate</p>	<p>Economic Well-being: Money Pupils will learn L17. about the different ways to pay for things and the choices people have about this. L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'. L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) L20. to recognise that people make spending decisions based on priorities, needs and wants.</p>
<p>Spring 2</p>	<p>Relate</p>	<p>Economic Wellbeing: Aspirations, work, career pupils will learn L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life. L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them. L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs).</p>

		L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid.
Summer 1	Engage	Communities: Pupils will learn L7. to value the different contributions that people and groups make to the community L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.
Summer 2	Relationships – lessons 1, 2 and 3	