

Introduction: Setting ground rules for RSE & PSHE lessons

A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons

Lessons: 1

[View lesson](#)

Y3 Family and relationships

Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist

Lessons: 8

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Y3 Health and wellbeing

Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.

Lessons: 6

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Y3 Safety and the changing body

Learning about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence

Lessons: 8

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Y3 Citizenship

Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy

Lessons: 7

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Y3 Economic wellbeing

Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers

Lessons: 6

[View lessons](#)