

PSHE Progression Overview – Year 3							
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic		New beginnings/ Feeling good feeling safe	Getting on and falling out (Anti Bullying)	Keeping safe (Environmental safety and drug education)	Good to be me	Exploring relationships	SRE
Subject		HW/R/Economic wellbeing	Relationships/ Living in the wider world.	Health and wellbeing	Health and wellbeing	Relationships/Living in the wider world	Health and wellbeing
Week 1	Can I	Can I help to construct, and agree to follow, group and class rules and to understand how these rules help them?	Can I communicate my feelings to others, to recognise how others show feelings and how to respond?	Can I tell and explain about risk and safety?	Can I describe what mental health is?	Can I describe what shame is?	Can I name the male and female private parts?
	Activity	Introduce class charter and class rules.	Anti-bullying pack	Drugs and Alcohol ppt Lesson 1	Mental health and wellbeing ppt Lesson 1	Shame PPT	SRE PPT Lesson 1
Week 2	Can I	Can I understand my right to be safe and my responsibilities to keep others safe?	Can I recognise how my behaviour affects other people?	Can I explain the effects or drugs and alcohol?	Can I explore how to create a strong mind?	How can I make amends?	Can I describe how I feel about myself?
	Activity	Feeling good feeling safe PPT Lesson 1	Anti-bullying pack	Drugs and Alcohol ppt Lesson 2	Mental health and wellbeing ppt Lesson 2	Sorry PPT	SRE PPT LESSON 2
Week 3	Can I	Can I recognise my early warning signs?	Can I share my opinions on things that matter?	Can I say no safely?	Can I describe and explain what grateful is and what it means?	Can I identify and respect the differences and similarities between people, including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation, and disability?	Can you describe how everyone feels safe and valued?

	Activity	Feeling good feeling safe PPT Lesson 2	Anti-bullying pack	Drugs and Alcohol ppt Lesson 3	Mental health and wellbeing ppt Lesson 3	Roma Gypsy traveller PPT	SRE PPT LESSON 3
Week 4	Can I	Can I identify different types of touch?	Can I recognise what is fair and unfair, kind and unkind, what is right and wrong?	Can I explore gender stereotypes?	Can I describe and explain what grateful is and what it means?	Can I describe and explain what makes me a global citizen?	Can I explain what makes a friendship feel good?
	Activity	Feeling good feeling safe PPT Lesson 3	Anti-bullying pack	Gender PPT	Mental health and wellbeing ppt Lesson 3 continued	Global citizen PPT	SRE PPT LESSON 4
Week 5	Can I	Can I recognise characteristics of someone who can help me?	Can I show understanding that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)?	Can I explore trans inclusivity?	Can I explore the feeling of Surprise?	Can I explain how to remain safe in the sun?	Can I describe myself in positive terms?
	Activity	Feeling good feeling safe PPT Lesson 4	Anti-bullying pack	This girl can PPT	Surprise PPT	Sun safety PPT	Transition PPT
Week 6	Can I	Can I recognise the feeling of relaxation?	Can I demonstrate how to resist teasing or bullying?	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>	Can I explore the feeling of Worry?	Can I start to explore the need to save money?	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>
	Activity	Feeling good feeling safe PPT Recap!	Anti-bullying pack		Worry PPT	Money and budgeting PPT	
Week 7	Can I	Can I find strategies for keeping physically and	<i>Space has been left as lessons may move due</i>	<i>Space has been left as lessons may move due</i>	Can I explore the feeling of relaxation?	<i>Space has been left as lessons may move due to in</i>	<i>Space has been left as lessons may move due</i>

		emotionally safe including road safety, safety in the environment and safety online (including social media, the responsible use of ICT and mobile phones)? Can I demonstrate importance of protecting personal information, including passwords, addresses and images? Can I recognise when and how and who to ask for help (including outside organisations)?	<i>to in class assemblies and current events.</i>	<i>to in class assemblies and current events.</i>		<i>class assemblies and current events.</i>	<i>to in class assemblies and current events.</i>
	Activity	ICT – Internet safety Lessons			Meditation and mindfulness PPT		