Statutory RSHE | Economic Wellbeing & Careers

Year 3

Autumn 1

Me, my friends and belonging

This unit explores themes of friendship and respect. Pupils learn about healthy friendships and ways to make others feel included.

Suggested lessons:

University of Greenwich: Our Class – KS2

L1: Ground rules and meeting 'Our Class'

L2: Friendships change

L3: When should you keep a secret and what makes a good friendship

L4: Making new friendships

L5: Recognising healthy and unhealthy friendships

Alternative / additional lessons:

Ground rules, rule!

OHID: Every Mind Matters – Kindness

Autumn 2

Mental health and wellbeing

Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.

Suggested lessons:

Foundations for Wellbeing – Y3

L1: Exploring emotions

L2: Understanding distraction

L3: Managing thoughts and emotions

L4: Managing worries

L5: Managing responses

Alternative / additional lessons:

Curiosity Library (£): Squashing the worry monster

Spring 1

Building healthy habits

This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.

Suggested lessons:

Food for thought – KS2

L1: Healthier eating and drinking habits

L2: Healthier eating – choices and influences

L3: Ready, set, cook!

Dental health – KS2

L1: Exploring dental health

Physical activity – KS2

L1: Active every day

Spring 2

Making choices online

This unit explores how to protect information online and make choices about online content, including understanding age ratings.

Suggested lessons:

NSCS: CyberSprinters – KS2

L1: Creating and managing passwords

L2: Protecting your devices

BBFC: Let's watch a film – KS2

L1: What can we watch?

L2: Can we choose what to watch?

COMING SOON

Paying to play

Summer 1

Keeping safe out and about

This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.

Suggested lessons:

Keeping safe: Sun safety – KS2

L1: Managing risk in the sun

Road and rail safety – KS2

L4: Risks and keeping safe

Environment agency: Water safety – KS2

L1: Canals and rivers

L2: Flood alert!

Summer 2

Looking out for each other

This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.

Suggested lessons:

St John Ambulance: First aid – KS2*

L1: Allergies

L4: Bites and stings

L7: Calling for help

*You may also choose to bring in appropriately qualified outside facilitators to support teaching of first aid content.

Foundations for Wellbeing: Revisit the extension and embedding activities in year 3 lessons.

Alternative / additional lessons:

Food for thought: Revisit the extension and embedding activities.