



Shadsworth Junior School



Curriculum

Year 3 Scheme of Work

Term: Spring 2

Topic: PSHE

Key Skills and Knowledge:

Healthy Me

- I can name some things I need to keep myself safe from and ways to stay healthy. I can tell you who I can go to for help if I feel unsafe/ unwell.
- I know how to tell someone if I feel scared/unwell.
- I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.
- I can express how being anxious/ scared and unwell feels.
- I can judge the levels of risk involved in different situations and I can select and describe suitable strategies for keeping myself safe and healthy, including knowing how to seek help and from whom.
- I can express and respond appropriately to feelings of anxiety or fear or when I feel unwell.

Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

- Design their own fitness challenges.
- Play a game to identify the sugar content of different foods.
- Children write down words to describe how they feel about drugs.
- Identify emergency situations and rehearse making 999 call. Look at different dangerous situations and what strategies they could use in each one e.g. say 'no', run away.
- Identify physical signs telling us we feel unsafe. Read scenarios and as a group discuss and identify the point the character starts to feel unsafe and what advice they would give.
- Design a poster to keep children safe and healthy.

Links to PSHCE, Equality and British Values Work

Mutual Respect – Working together to play sugar game and discuss scenarios.

Individual liberty – Identifying healthier choices for themselves, discussing their own ideas/scenarios around keeping themselves safe.

Rule of law – Laws around drugs and those that keep us safe.

Tolerance of different beliefs – listening respectfully to other children's ideas.

Key Vocabulary:

Resources Available / Visits/Visitors

Useful Websites:

Oxygen	Attitude	Jigsaw PSHE Scheme	www.jigsawpshe.com
Energy	Emergency		
Calories/ Kilojoules	Advice	BRFC – Give up loving pop (GULP)	Previous Knowledge: Say how I feel about being healthy/making healthy choices. Justify choices about food and medicine that I put in or on my body. Compare healthy/unhealthy choices and express how it makes me feel.
Heartbeat	Strategy		
Lungs	Safe		
Heart	Harmful		
Fitness	Risk		
Labels	Feelings		
Sugar			
Fat			
Healthy			
Drugs			