



Shadsworth Junior School



Curriculum

Year 3 Scheme of Work			
Term: Spring 2		Topic: PSHE	
Key Skills and Knowledge:			
<u>Healthy Me</u> <ul style="list-style-type: none">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			
<ul style="list-style-type: none">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. Discuss the use of the STAR rule when trying to keep safe. Look at different dangerous situations and what strategies they could use in each one e.g. say 'no', run away.Identify water safety rules and where to use them. Relate to a water safety story.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 Energy Calories/ Kilojoules Heartbeat Lungs Heart Fitness Labels Sugar Fat Healthy Drugs	Attitude Emergency Advice Strategy Safe Harmful Risk Feelings	Jigsaw PSHE Scheme BRFC – Give up loving pop (GULP)	www.jigsawpshe.com 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.

