

## Personal Social Health & Economic Education – Year 3

### Autumn 1

**How can we be a good friend?**

- Having a friendship supports your wellbeing and gives you support if you are feeling lonely or excluded.
- If someone is feeling excluded or lonely they may become quiet or withdraw from usual activities.
- Sometimes friends can be unkind or make you feel sad or uncomfortable – this is not ok.

### Autumn 2

**What makes a community?**

- Community is a group of people living in the same place or having a particular interest in common.
- Communities are made up of people with different religions, cultures and beliefs.
- A class, school, clubs and where we live are all types of community.
- Communities work well if there is respect and tolerance.

### Spring 1

**What keeps us safe?**

- We need to be safe so that we are not hurt or put into dangerous situations.
- We can protect ourselves by wearing a seatbelt in the car, wearing a helmet on a bike, wearing protective padding, stabilizers and reflective wear on bikes.
- We can look after our bodies by making sure we have good personal hygiene e.g. washing hair, brushing teeth.
- If we have personal medicines such as inhalers, we need to know how to use them properly.
- If I have a small graze or cut it should be cleaned and a plaster put on it.
- If I have a big injury, I would need to call for help.
- Never take medicine meant for someone else - this can be dangerous and make you unwell.

### Spring 2

**What are families like?**

- A family is a group of two people or more related by birth, marriage or adoption who usually live together.
- Families show that they care for each other by spending time together, sharing, caring, celebrating. They also live by the same rules and expectations.
- When you are at home you should feel safe, secure, happy.
- Families aren't always like this. Sometimes they argue or disagree. They should not hurt each other or make each other sad.

### Summer 1

**Why should we eat well and look after our teeth?**

- A balanced diet has a range of nutritional foods - taking care to not have too many high sugar food and drinks.
- Eating a balanced diet makes you feel good and prevents illnesses or obesity.
- People eat different things, sometimes this is because of budget, culture, parents may choose for everyone, school dinners.
- You should visit your dentist regularly.
- To keep teeth healthy you should floss, use mouthwash and brush your teeth twice a day.
- Sugary drinks cause teeth to rot so they need fillings or removing.

### Summer 2

**Why should we keep active and sleep well?**

- Sleep is an essential part of everyone's routine.
- Children who regularly get an adequate amount of sleep have improved attention, behaviour, learning, memory, and overall mental and physical health.
- Being active increases physical and mental wellbeing, to reduce screen time.