

Suggested long-term plan: RSE & PSHE

Overview - Lower key stage 2

Year 3

Autumn 1	<p><u>How can I take care of my mind and body?</u></p> <p>8 lessons</p> <p>Discovering how the body and mind are connected and strategies to keep both healthy. Pupils name the six emotions and related feelings, identify how these may be shown in body language, consider how sleep affects mood, develop strategies to manage strong emotions and recognise when and how to ask trusted adults for support.</p>	Autumn 2	<p><u>Connecting with others: What helps us feel safe and included?</u></p> <p>7 lessons</p> <p>Celebrating what makes them unique and exploring personal boundaries and understanding how relationships can offer support, care, kindness and shared values.</p>
Spring 1	<p>The online world: How should we communicate online?</p>	Spring 2	<p>Citizenship: What rights and responsibilities do we have?</p>
Summer 1	<p>Healthy protection: How can we prevent illness and injury and respond if they happen?</p>	Summer 2	<p>Citizenship: What careers do people choose and why?</p>