

Manor Primary School

PHSCE Year 3: A Healthy Life: Protecting me!

Overview of the Learning:

In this unit children will investigate what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices. They investigate what a healthy diet is. Children explore how advertising affects people's choices about food. They look at ways of raising other children's awareness about choosing a healthy diet.

Core Aims

Provide children with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

Pupils should be taught

Health and Wellbeing

what is meant by a healthy lifestyle
 how to maintain physical, mental and emotional health and wellbeing
 how to manage risks to physical and emotional health and wellbeing
 ways of keeping physically and emotionally safe
 about managing change, such as puberty, transition and loss
 how to make informed choices about health and wellbeing and to recognise sources of help with this
 how to respond in an emergency
 to identify different influences on health and wellbeing

Relationships

Living in the wider world – Economic wellbeing and being a responsible citizen

about respect for self and others and the importance of responsible behaviours and actions
 about rights and responsibilities as members of families, other groups and ultimately as citizens

Expectations

Children can:

- talk about healthy lifestyles, describing the benefits of exercise and healthy eating, and how to make informed choices
- research, discuss and debate topical issues, problems and events
- reflect on spiritual, moral, social, and cultural issues, using imagination to understand other people's experiences
- talk and write about their opinions, and explain their views, on issues that affect themselves and society

Manor Primary School



Manor Primary School

PHSCE Year 3: World Family

Overview of the Learning:

In this unit children will learn about the life eight key concepts in developing a global dimension to the school curriculum: citizenship, sustainable development, social justice, values and perceptions, diversity, interdependence, conflict resolution human rights. It introduces children living in a range of developing countries across the world. Children explore what it is like to be growing up in a developing country and compare this to their own lives. Pupils' developing a sense of themselves as part of the wider world. They will children learn that all humanity shares the same basic needs but that there are differences in how these are met; about their own and other peoples' feelings; become aware of views, needs and rights of other children and develop a sense of social justice. Children learn about the work of key charities that support developing countries. They also get an insight into some of the crisis developing countries are dealing with.

Core Aims

Provide children with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

Pupils should be taught

Health and Wellbeing

what is meant by a healthy lifestyle
 how to maintain physical, mental and emotional health and wellbeing
 how to manage risks to physical and emotional health and wellbeing
 ways of keeping physically and emotionally safe
 how to make informed choices about health and wellbeing and to recognise sources of help with this
 how to respond in an emergency
 to identify different influences on health and wellbeing

Relationships

how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
 how to recognise and manage emotions within a range of relationships
 how to respect equality and diversity in relationships.

Living in the wider world – Economic wellbeing and being a responsible citizen

about respect for self and others and the importance of responsible behaviours and actions
 about rights and responsibilities as members of families, other groups and ultimately as citizens

Expectations

Children can:

- research, discuss and debate topical issues, problems and events

Manor Primary School



- reflect on spiritual, moral, social, and cultural issues, using imagination to understand other people's experiences
- talk and write about their opinions, and explain their views, on issues that affect themselves and society
- use secondary sources of information to find out about global citizenship.
- listen carefully and ask questions about the lives of others.
- write a list of similarities and differences between the life of one of the featured children and their own lives.
- Describe how actions affect themselves and others, care about other people's feelings and to try to see things from their points of view
- think about the lives of people living in other places and times, and people with different values and customs
- respect the differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability

Manor Primary School

PHSCE Year 3: We all have a Voice – Rules and Laws Protecting Me

Overview of the Learning:

In this unit children will be introduced to their local community and the local council, and find out how local democracy works and how they can contribute. Children learn about local democracy and the roles of the local councillors, council and mayor, politicians through enquiry and research, preparing and presenting speeches, and presenting their own points of view in discussions and debates. They begin to appreciate how the role of the local council differs from that of the national government. They learn the importance of discussing issues that concern them, and relate this experience to their discussion of issues in circle time, the class council and the school council.

The children will learn about rules and how laws are made in a democracy. They develop their appreciation of why we need rules to protect rights and how they help us – at home, at school and in our wider communities. They discuss class and school rules and learn how to make suggestions and changes through the class or school council. They find out about the work of Parliament and MPs in creating and changing laws, and about the importance of discussion and debate

NB: - order the Parliament Loan Box from Parliament.uk (teach lesson resources)

Core Aims

Provide children with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities

Pupils should be taught

Health and Wellbeing

- what is meant by a healthy lifestyle
- how to maintain physical, mental and emotional health and wellbeing
- how to manage risks to physical and emotional health and wellbeing
- to identify different influences on health and wellbeing

Relationships

Manor Primary School



- the skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts

how to recognise and manage emotions within a range of relationships

how to respect equality and diversity in relationships.

Living in the wider world – Economic wellbeing and being a responsible citizen

about respect for self and others and the importance of responsible behaviours and actions
about rights and responsibilities as members of families, other groups and ultimately as citizens

about different groups and communities

to respect equality and to be a productive member of a diverse community

about the importance of respecting and protecting the environment

Expectations

Children can:

- research, discuss and debate democracy and how it works
- reflect on social, and cultural issues relating to the election of councillors and members of Parliament who make decisions that affect us
- talk and write about their opinions, and explain their views, on issues that affect themselves and society
- use secondary sources of information to what happens in parliament
- listen carefully and ask questions about the jobs and roles of others
- describe how changes in Government affects themselves and others
- respect the differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability
- resolve differences by looking at alternatives, making decisions and explaining choices
- talk about a range of jobs carried out by people they know and understand how they can develop skills to make their own contribution in the future

Manor Primary School

