

RSHE Overview

Year 3	RSHE Overview					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	CORE THEME – Created to Love Others		CORE THEME – Created and Loved by God		CORE THEME – Created to Live in the Community	
	Respectful relationships Caring friendships	Families and people who care for me Internet safety and harms	Healthy eating Mental well being	Physical health and fitness Health and prevention	Online relationships Drugs, alcohol and tobacco	Basic first aid Being safe
Wk1	5.9.22 Respecting others C1, 2, 3 Personal relationships. Prayer: Lectio Divina S1: Friends, family and others.	30.10.22 A Healthy family A1, 2 The importance and characteristics of a healthy family.	9.01.23 A healthy diet I1, 2, 3 A Healthy diet Me my body my health: Thankfulness prayer S1. We don't have to be the same.	27.2.23 Fairtrade fortnight 21.2.22 – 6.3.22 Unit 1: Religious understanding Story session- Get up. H1,2,3,4	17.4.23 D1, 3 Purple mash- Online safety session.	5.6.23 L1, 2 Module 2 session 5: First aid hero. Quick reactions and staying calm during an emergency.
Wk2	12.9.22 Self- respect C4, 5 Religious understanding. Prayer: God loves us. Story session- Jesus my friend.	7.11.22 No Outsiders All Welcome 3.1 To understand what discrimination is. Caring relationships A3, 4, 5 (Include marriage)	16.01.23 Talking about emotions Emotional well-being Prayer: I am special S1- What am I feeling? JOURNEY IN LOVE - Physical To describe and give reasons why friendships can break down, how they can be repaired and strengthened.	6.3.23- K1, 4 Recognising physical illness. Dental hygiene- the benefits of good oral hygiene.	24.4.23 D2 Twinkl safer internet day. What is my Digital footprint and how can I show respect to others online? JOURNEY IN LOVE Spiritual To celebrate the joy and happiness of living in friendship with God and others.	12.6.23 E1, 2, 3 Module 3- Unit 2: Living in the wider world session 1- How do I love others.
Wk3	19.9.22 MacMillan Coffee Morn 25.9.21 Bullying and stereotyping C6, 7, 8 Keeping safe Prayer: Body scan meditation. S1- Sharing online.	14.11.22 Anti-Bullying Week Marriage and commitment A5, 6 To recognise if a family relationship makes me feel unhappy or unsafe.	23.01.23 Emotional well-being Prayer: I am special S3- I am thankful.	13.3.23 K2,3 Why is sleep important? What can happen if we don't get enough sleep?	1.5.23 No Outsiders All Welcome 3.2- to understand what a bystander is.	19.6.23 E6, 7, 8 Online Safety Twinkl- LKS2- Citizenship- safety first.
Wk4	26.9.22 Important friendships B1, 2 JOURNEY IN LOVE - Social and Emotional To describe and give reasons how friendships make us feel happy and safe.	21.11.22 Road Safety Week 19.11.21 Spending time online	30.01.23 Emotional well-being Prayer: I am special Assessment- My feelings.	20.3.23 K5, 6 Personal hygiene: How do germs spread? What is immunization?	8.5.23 Mental Health Week D4 Online Stranger Danger- Twinkl safe internet safety rules.	26.6.23 Online safety Twinkl- LKS2- Citizenship- safety first.

Wk5	3.10.22 Diversity Week 4.10.21 The ups and downs of freindships B3, 4 Friendships have ups and downs- we need to make the right choices.	28.11.22 Our actions online G3, 4, 5 Consider the effect of online actions- respectful behaviour online. (Social media).	6.2.23 Safer Internet Day 8.2.22 Purple mash link.	27.3.23 No Outsiders All Welcome 3.5 To recognise and help an outsider.	15.5.23 Walk to School Week D5 Online Safety Twinkl online safety pack. - How your data is stored online.	3.7.23 No Outsiders All Welcome 3. 6- To consider living in Britain today.
Wk6	10.10.22 World Food Day CAFOD 16 th O No Outsiders All Welcome 3. 4- To recognise a stereotype.	5.12.22 G1, 2 The internet is an integral part of life- The benefit of rationing time online.	13.2.23 No Outsiders All Welcome 3.3 To be welcoming.		22.5.23 J1 Keeping safe- Drugs, alcohol and tobacco. Create a poster- Prayer: A guided body scan meditation.	10.7.23 Planning for the future
Wk 7	17.10.22 Who can I trust? B5 Keeping safe: Assessment activity.	12.12.22 Reporting concerns G6, 7 Using search engines responsibly- How to report concerns.				17.7.23 Moving on, growing up.