



Ready,  
Respectful, Safe

# CATHCART STREET PRIMARY SCHOOL

## PSHE & RSE

### YEAR 3

Autumn	1	1	<ul style="list-style-type: none"> <li>Being Me – Setting Personal Goals &amp; Self Identity</li> <li><b>Getting to Know Each Other</b></li> </ul>	PSHE	Jigsaw
		2	<ul style="list-style-type: none"> <li>Being Me – Positivity in Challenges</li> <li><b>Our Nightmare School</b></li> </ul>		Jigsaw
		3	<ul style="list-style-type: none"> <li>Being Me – Rules, Rights &amp; Responsibilities</li> <li><b>Our Dream School</b></li> </ul>		Jigsaw
		4	<ul style="list-style-type: none"> <li>Being Me – Rewards &amp; Consequences</li> <li><b>Rewards &amp; Consequences</b></li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>Being Me – Responsible Choices</li> <li><b>Our Learning Charter</b></li> </ul>		Jigsaw
		6	<ul style="list-style-type: none"> <li>Being Me – Seeing Other Perspectives</li> <li><b>Owning Our Learning Charter</b></li> </ul>		Jigsaw
	2	1	<ul style="list-style-type: none"> <li>Smoking - Why People Smoke</li> </ul>	PSHE	CW
		2	<ul style="list-style-type: none"> <li>Smoking - Physical Effects of Smoking</li> </ul>		CW
		3	<ul style="list-style-type: none"> <li>Smoking - Smoking &amp; Society</li> </ul>		CW
		4	<ul style="list-style-type: none"> <li>Smoking – Smoking (Piece 3 – Y4 Healthy Me)</li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>Healthy Me – Exercise &amp; Fitness Challenges</li> <li><b>Being Fit &amp; Healthy 1</b></li> </ul>		Jigsaw
		6	<ul style="list-style-type: none"> <li>Healthy Me – Food Labelling &amp; Healthy Swaps</li> <li><b>Being Fit &amp; Healthy 2</b></li> </ul>		Jigsaw
		7	<ul style="list-style-type: none"> <li>Healthy Me – Respect for Myself &amp; Others</li> <li><b>My Amazing Body</b></li> </ul>		Jigsaw
Spring	1	1	<ul style="list-style-type: none"> <li>Family - Gender Stereotypes &amp; Aspirations</li> </ul>	RSE	Y&T
		2	<ul style="list-style-type: none"> <li>Family - What Makes a Good Friend?</li> </ul>		Y&T
		3	<ul style="list-style-type: none"> <li>Family - Family Roles &amp; Responsibilities</li> <li><b>Family Roles &amp; Responsibilities</b></li> </ul>	PSHE	Jigsaw
		4	<ul style="list-style-type: none"> <li>Family – UN Children’s Rights</li> <li><b>Being a Global Citizen</b></li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>Safe Relationships - Keeping Safe – Is It Risky?</li> </ul>	RSE	Y&T
	6	<ul style="list-style-type: none"> <li>Safe Relationships – Keeping Safe Online</li> <li><b>Keeping Safe Online</b></li> </ul>	Jigsaw		
	2	1	<ul style="list-style-type: none"> <li>Safe Relationships – Healthy &amp; Safe Choices</li> <li><b>Being Safe at Home</b></li> </ul>	P	Jigsaw
		2	<ul style="list-style-type: none"> <li>Changing Me – How Babies Grow</li> <li><b>How Babies Grow</b></li> </ul>	RSE	Jigsaw
		3	<ul style="list-style-type: none"> <li>Changing Me – Babies</li> <li><b>Babies</b></li> </ul>		Jigsaw
		4	<ul style="list-style-type: none"> <li>Changing Me – Outside Body Changes</li> <li><b>Outside Body Changes</b></li> </ul>		Jigsaw
5		<ul style="list-style-type: none"> <li>Changing Me – NSPCC Pants Rule</li> </ul>	NSPCC		

Summer	1	1	<ul style="list-style-type: none"> <li>• Celebrating Differences – Families &amp; their Differences</li> <li>• <b>Families</b></li> </ul>	PSHE	Jigsaw
		2	<ul style="list-style-type: none"> <li>• Celebrating Differences – How to Manage Conflict</li> <li>• <b>Family Conflict</b></li> </ul>		Jigsaw
		3	<ul style="list-style-type: none"> <li>• Celebrating Differences – Witnessing Bullying</li> <li>• <b>Witness &amp; Feelings</b></li> </ul>		Jigsaw
		4	<ul style="list-style-type: none"> <li>• Celebrating Differences – How Words can Hurt</li> <li>• <b>Words That Harm</b></li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>• Celebrating Differences – Giving &amp; Receiving Compliments</li> <li>• <b>Compliments</b></li> </ul>		Jigsaw
		6	<ul style="list-style-type: none"> <li>• Expect Respect - Resolving Conflict &amp; Where to Get Help</li> </ul>		ExRes
		7	<ul style="list-style-type: none"> <li>• Water Safety x 3 (<b>7-9 Yrs Lesson 1,2,3 – each lesson 20 mins</b>)</li> </ul>		WS
		8	<ul style="list-style-type: none"> <li>• Young Citizens Developing Positive Communities – Family Life</li> </ul>		YCit
	2	1	<ul style="list-style-type: none"> <li>• Young Citizens Developing Positive Communities – Being Part of a Community</li> </ul>	PSHE	YCit
		2	<ul style="list-style-type: none"> <li>• Young Citizens Developing Positive Communities – Citizens of the Wider World</li> </ul>		YCit
		3	<ul style="list-style-type: none"> <li>• Dreams &amp; Goals – Dreams &amp; Goals</li> <li>• <b>Dreams &amp; Goals</b></li> </ul>		Jigsaw
		4	<ul style="list-style-type: none"> <li>• Dreams &amp; Goals – My Dreams &amp; Ambitions</li> <li>• <b>My Dreams and Ambitions</b></li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>• Dreams &amp; Goals – New Challenges</li> <li>• <b>New Challenges</b></li> </ul>		Jigsaw
		6	<ul style="list-style-type: none"> <li>• Dreams &amp; Goals – Motivation &amp; Enthusiasm</li> <li>• <b>Our New Challenge</b></li> </ul>		Jigsaw
		7	<ul style="list-style-type: none"> <li>• Dreams &amp; Goals – Overcoming Obstacles</li> <li>• <b>Overcoming Obstacles</b></li> </ul>		Jigsaw
		8	<ul style="list-style-type: none"> <li>• Dreams &amp; Goals – Celebrating Success</li> <li>• <b>Celebrating Success</b></li> </ul>		Jigsaw