

	Year 3 & 4 - Focused PSHE Teaching
Term 1	Facts 4 Life Baseline Children will learn to: - Understand that we all get ill; that's normal - Understand that most of the time our bodies will get better from most illnesses on their own; that our bodies are remarkably efficient in restoring balance (homeostasis) - Understand that there are simple things that we can do to help support and promote our own good health Sometimes My Brain Hurts Children will learn to: - Compare mental and physical health Digital Wellbeing Year 3 children will learn to: - Agree sensible e-safety rules for the classroom. - Choose a secure password for age-appropriate websites. - Discuss what actions could be taken if they are uncomfortable or upset online e.g. Report Abuse button. - Talk about what games they enjoying playing and what good choices are when playing games e.g. content, screen time. - Use a class blog to share information and talk about who can see it, and how to communicate safely and respectfully - Comment and provide positive feedback on the work of classmates in school or online, or the work of others online. Digital Wellbeing Year 4 children will learn to: - Agree sensible e-safety rules for the classroom. - Choose a secure password for age-appropriate websites. - Discuss what actions could be taken if they are uncomfortable or upset online e.g. Report Abuse button. - Talk about what games they enjoying playing and what good choices are when playing games e.g. content, screen time. - Use a class blog to share information and talk about who can see it, and how to communicate safely and respectfully. - Comment and provide positive feedback on the work of classmates in school or online, or the work of others online.
Term 2	Facts 4 Life Homeostasis, including Balance Ball Activity Children will learn to: - Personal responsibility - Diet, exercise & rest - Illness, wellness & balance - Normality of illness - What things help or hinder the body's balance

	Sometimes My Brain Hurts Children will learn to: • Recognise mental health and mental illness
Term 3 & 4	Facts 4 Life Healthy Me Children will learn to: • Hygiene • Personal responsibility • Diet, exercise & rest • Illness, wellness & balance • Recognising that our feelings can affect the way we behave • Recognising that our feelings can affect the way our bodies react • Managing feelings • Self-worth • Anxiety - triggers, positive strategies for coping • Resilience Sometimes My Brain Hurts (Term 3) Children will learn to: • Take care of their brains and bodies Sometimes My Brain Hurts (Term 4) Children will learn to: • Recognise the importance of support
Term 5 & 6	Facts 4 Life The Family Children will learn to: • Reinforce all prior outcomes • Legal & illegal drugs • Effects and risks of drugs • Identify and assessing risks • Hazards in the home e.g. electrical appliances, sources of fire, sharps and blades, cleaning substances etc. • SunSmart • Emergency aid • Self-harm • Bereavement Sometimes My Brain Hurts (Term 5) Children will learn to: • Recognise what happens when you become mentally unwell Sometimes My Brain Hurts (Term 6) Children will learn to: • Use language associated with mental health

Term 6	First Aid – Workshop led by ERFA Y3 children will learn to: • Poisons • Allergic reactions • Bites • Stings Y4 children will learn to: • First aid kit • Minor wounds & bruises • Nose bleeds • Epilepsy & head injuries
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Year 3 SkillsZone Trip

Children will learn about:

- Home safety
- Fire safety
- Road safety
- School choices: water safety, park safety, farm safety, railway safety, builders yard safety and using buses