

ST.HUGH'S CATHOLIC PRIMARY – MEDIUM TERM PLANNING - KEYSTAGE 2 (YEAR 3)



RHE - TEN TEN - LIFE TO THE FULL /PSHE - PSHE MATTERS

Module and Unit Title	Key Knowledge and Skills Life to the Full Ten:Ten	<u>PSHE Matters</u> <u>Year A</u>	<u>PSHE Matters</u> <u>Year B</u>
Module 1 Unit 1 Religious Understanding Get Up Session One Sacraments	<ul style="list-style-type: none"> • We are created individually by God who is Love, designed in His own image and likeness • God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation) • Every human life is precious from the beginning of life (conception) to natural death • Personal and communal prayer and worship are necessary ways of growing in our relationship with God • That in Baptism God makes us His adopted children and 'receivers' of His love That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). • It is important to make a nightly examination of conscience. 	<u>Being Healthy</u> <ul style="list-style-type: none"> ➤ Exploring what affects their physical, mental and emotional health. ➤ Understanding the concept and benefits of a balanced healthy lifestyle. ➤ Identifying how to make informed choices. ➤ Understanding what is included in a balanced diet. ➤ Understanding what may influence our choices. ➤ Setting goals <u>Being Responsible</u> <ul style="list-style-type: none"> ➤ Research, discuss and debate topical issues. ➤ Identify why rules are needed in different 	<u>Being Me</u> <ul style="list-style-type: none"> ➤ Exploring different kinds of responsibilities at school and in the community. ➤ Identifying what being part of a community means. ➤ Appreciate the range of identities in the UK. ➤ Listen and respond respectfully. ➤ Identifying that differences and similarities between people arise from a number of factors. <u>Changes</u> <ul style="list-style-type: none"> ➤ Understanding good and not so good feelings including their range and
Module 2 Unit 1 Religious	<ul style="list-style-type: none"> • That God loves, embraces, guides, forgives and reconciles us with him and one another. 		

Understanding	<ul style="list-style-type: none"> • The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness. 		
Jesus my friend	<ul style="list-style-type: none"> • That relationships take time and effort to sustain. • We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness. 	<ul style="list-style-type: none"> ➤ Explore rights and responsibilities, rights and duties at home, school, community and the environment. 	<ul style="list-style-type: none"> ➤ Developing an understanding that change can cause conflicting emotions. Acknowledging, exploring and identifying how to manage change positively.
Module 2 Unit 2 Personal Relationships Family, friends and others	<ul style="list-style-type: none"> • Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; • That there are different types of relationships including those between acquaintances, friends, relatives and family; • That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; • The difference between a group of friends and a 'clique'. 	<ul style="list-style-type: none"> ➤ Develop skills to carry out responsibilities. ➤ Explore how to resolve differences and respect others' points of view. ➤ Explore what being part of a community means and how they belong. 	<ul style="list-style-type: none"> ➤ Exploring changes. ➤ Knowing where to go for help and how to ask for help
When things feel bad	<ul style="list-style-type: none"> • Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; • Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond. 	<p><u>Bullying Matters</u></p> <ul style="list-style-type: none"> ➤ Understanding that their actions affect themselves and others. ➤ Identifying the importance of working towards shared goals. Developing strategies for getting support for themselves or for others at risk. ➤ Identifying that differences and 	<p><u>Money Matters</u></p> <ul style="list-style-type: none"> ➤ Identify the role of voluntary and charity groups. ➤ Understanding different values and customs. ➤ Exploring how to manage money. Explaining the importance of money in people's lives and how money is obtained. ➤ Understanding the concepts of interest, loan, debt and tax. Understanding enterprise and begin to develop enterprise skills.
Module 2 Unit 3 Keep safe -			

Sharing online	<ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; • How to use technology safely; • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; • How to report and get help if they encounter inappropriate materials or messages. 	<p>similarities arise from a number of factors.</p> <ul style="list-style-type: none"> ➤ Understanding the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyberbullying, prejudice-based language, 'trolling'). ➤ Knowing how to recognise bullying and abuse in all its forms. 	<p><u>Growing up</u></p> <ul style="list-style-type: none"> ➤ That images in the media do not always reflect reality. Celebrate our strengths/qualities. ➤ About the kind of changes that happen in life and the associated feelings. ➤ That simple hygiene routine can prevent the spread of bacteria. About the changes that happen as they grow up. ➤ The right to protect our bodies. About differences and similarities between people, but understand everyone is equal. About the difference between acceptable and unacceptable physical contact. ➤ Knowing the names of the body parts. ➤ Recognise and challenge stereotypes.
Chatting online	<ul style="list-style-type: none"> • How to use technology safely; • That bad language and bad behaviour are inappropriate; • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; • How to report and get help if they encounter inappropriate materials or messages. 		
Physical contact	<ul style="list-style-type: none"> • Children will be able to describe examples and characteristics of the three types of abuse taught in this session • Children will be able to describe what is appropriate and inappropriate physical contact • Children will be able to say who the people are that they can trust and turn to if they feel unsafe. 	<p><u>Exploring Emotions</u></p> <ul style="list-style-type: none"> ➤ Recognising a wide range of emotions in themselves and others. ➤ Responding appropriately to a range of emotions in themselves and others. ➤ Understanding their actions affect themselves and others. Developing strategies to resolve disputes. ➤ Identifying strategies to manage emotions. ➤ Deepening their understanding of good 	
Drugs, Alcohol and Tobacco			<p><u>Being Safe</u></p> <ul style="list-style-type: none"> ➤ Understanding how to

<p>First Aid Heroes</p>	<ul style="list-style-type: none"> • Medicines are drugs, but not all drugs are good for us • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume. <ul style="list-style-type: none"> • In an emergency, it is important to remain calm. • Quick reactions in an emergency can save a life. • Children can help in an emergency using their First Aid knowledge 	<p>and not so good feelings. Extending vocabulary to help explain the range and intensity of feelings.</p> <ul style="list-style-type: none"> ➤ Recognising conflicting emotions. <p><u>Difference and Diversity</u></p>	<p>make informed choices. Exploring how to recognise, predict and assess risks in different situations. Understanding that increased independence brings increased responsibility to keep themselves safe. Understanding how rules can keep them safe.</p> <ul style="list-style-type: none"> ➤ Identifying where and how to get help. Developing strategies for keeping physically and emotionally safe in different situations. - Understanding the importance of protecting information particularly online. Understanding how to become digitally responsible.
<p>Module 3 Unit 1 Religious Understanding Trinity House What is the church?</p>	<ul style="list-style-type: none"> • God is Love as shown by the Trinity – a ‘communion of persons supporting each other in their self-giving relationship’ • The human family is to reflect the Holy Trinity in mutual charity and generosity <ul style="list-style-type: none"> • The human family can reflect the Holy Trinity in charity and generosity. • The Church family comprises of home, school and parish (which is part of the diocese). 	<ul style="list-style-type: none"> ➤ Identifying how to listen and respond respectfully to a wide range of people. ➤ Recognising the differences and similarities between people, but understand everyone is equal. Recognising the nature and consequences of discrimination. Recognising and challenging stereotypes. 	<p><u>Drug Education</u></p> <ul style="list-style-type: none"> ➤ Recognising how to make informed choices. Understanding that people have different attitudes to risk. Recognising, predicting and assessing risks in different situations.
<p>Module 3 Unit 2 Living in the wider world How do I love others?</p>	<ul style="list-style-type: none"> • To know that God wants His Church to love and care for others. • To devise practical ways of loving and caring for others. 	<ul style="list-style-type: none"> ➤ <u>Relationships</u> ➤ Recognising what constitutes a healthy relationship and develop the skills to form positive and healthy relationships. 	

		<ul style="list-style-type: none">➤ Recognising ways in which a relationship can be unhealthy and whom to talk to if they need support.➤ Recognising different types of relationship.➤ Understanding that actions affect themselves and others. -Understanding when it is right to 'break a confidence' or 'share a secret'.➤ Listening and responding respectfully.➤ Understanding personal boundaries➤	<ul style="list-style-type: none">➤ Where to get help and how to ask for help.➤ Distinguishing between safe and harmful and to know some substances can be harmful if misused.➤ Learning rules about staying safe.
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