



PSHE & Citizenship Scheme of Work
Year 3 Autumn Term 2018

Visiting Speakers

Hygiene & Handwashing – Felicity Hill

Weds 12th Sept. 0830-0910 – Ark

Accident Prevention Felicity Hill

Weds 14th Nov. 0830-0910 - Ark

NB One PSHE lesson to be used once a year for each class to prepare for their class assembly

Content (Number of lessons in brackets)	Learning Focus	Resources
<p>Golden Rules(1) Introduce Golden Rules Tell pupils about RMA's "Caught being good", but stress this behaviour is expected at all times.</p>	<p>To foster a polite and supportive ethos throughout school</p> <p>To establish a common understanding of expected pupil behaviour</p> <p>Try setting up role play or freeze frame scenarios to explore the Golden Rules discussed</p>	<p>1. Code of Conduct on Classroom wall 2. Golden tree – add a leaf when a pupil has displayed evidence of kindness etc... (SFB) 3. Set of Giles Andreae books (in SFB classroom) which can be used by all teachers when an issue needs to be discussed. Issues raised are: Overcoming Your Fears Being Brave Love & Happiness Being True to Yourself Celebrating our Differences Spreading Happiness Love (and Dancing) Playing Together Good Manners Looking after our World Following Your Dreams Being Beautiful inside True Friendship 4. Summary Golden rules worksheet</p> <p><i>For a specific issue there are book on the PSHEE shelf in the library – see LPK</i></p>
<p>Relaxation and mindfulness</p>	<p>Try this calming mindfulness technique with your class every day or when they are lively and need quietening down.</p> <p>Mindfulness colouring sheets are available on Twinkl, Activity village etc. If you would like a selection please see LPK</p>	<p>Finger Breathing: "Sit upright on a chair, close eyes or imagine you are in your own bubble, focus on your left hand, don't worry about anyone else. Hold up your left hand with your right index finger, stroke up your thumb on your left hand as you breath in, down the other side as you breath out, up the left index finger as you breath in, down as you breath out..." Teacher times 30 seconds building up to 2 mins. Discuss how it felt...This</p>

		<p>stimulates the parasympathetic nervous system which helps you to relax.</p> <p>There are yoga and relaxation books on the PSHEE shelf in the library – see LPK</p>
Ground Rules	Establish ground rules for your class to create a safe environment for discussions	<p>See INSET notes (On M Drive/PSHEE under admin) for ideas</p> <p>Create a class poster</p> <p>The whole class can have an input to the ground rules. This is a good opportunity to explain and introduce democracy, voting systems and basic debating skills</p>
Target Setting (1)	Establish targets for Autumn Term	Record of Achievement Books. Please ensure that targets are SMART
Golden Rules (3)	Cover 2 Golden Rules each week to fit in with AML's assemblies	<p>Golden Rules</p> <p>Manners Alike (2 books in PSHE box)</p> <p>Feelings Alike (2 books in PSHE box)</p>
Hygiene and Handwashing	To highlight the importance of hygiene and handwashing in the prevention of illness	<p>Hygiene and Handwashing Talk by community nurse – see date above.</p> <p>Please follow up this talk with class discussion</p>
Accident Prevention(1-2)	To raise awareness of safety issues	<p>Accident Prevention Talk by community nurse – see date above</p> <p>Red Cross 'Spotting Hazards in the Home' game</p> <p>Spotting Dangers printable sheet</p>
Electrical Safety (2) Bee Wise– Watch DVD and discuss. Work through the activity booklet	To develop the pupils understanding of the uses of electricity and the importance of safety when using electrical equipment.	<ol style="list-style-type: none"> 1. Bee Wise DVD or Power Up DVD on the Danes Hill Media System 2. “Keeping Safe with Electricity” Activity booklets with HoY 3. Electrical safety in the home game
Personal Happiness (4) Emotions and moods	Encourage children to be aware of their feelings and how they alter the way they react to things.	<ol style="list-style-type: none"> 1. Mopsy books – with Year 3 team. There is a teacher activity booklet to accompany these in your PSHE Year 3 box 2. “Feelings in a jar” (on workroom shelves) 3. Feelings Toolbox. This contains a great range of activities, ideas and useful materials to support and supplement feelings 4. “Northern Ireland Curriculum” feelings activities and teaching ideas 5. Understanding Feelings Ros Bayley & Lynn Broadbent – ideas of activities to explore feelings (in Year 3 box)

		<p>6. Forest of Feelings Jo Browning Wroe and Carol Holliday (in Year 3 PSHE box) stories to read to the children to explore feelings</p> <p>7. Feelings Worksheets you could use: Angry Face Don't worry be happy Feelings – good or bad</p> <p>8. NEW: Feelings Finger Puppets – with Head of Year in PSHE Box</p> <p>9. Other circle time activities on sharepoint under Additional Activities</p> <p>10. PSHEE shelf in library. Please see LPK if you require a book/activity on a specific issue</p>
<p>Healthy Living (1)</p> <p>Link with science topic on 'Our Bodies'</p>	<p>Looking after our bodies, healthy lifestyle.</p> <p>Science will cover how the body changes as it grows, with terms for external body parts including breasts and penis as well as life cycles and how a baby grows. Please feel free to go over this topic again if need be.</p>	<p>1. Alicia's 5 a day – set of books with a 5 a day alphabet you can dip in and out of In Year 3 PSHE box with HoY</p> <p>2. Tummy Ache Game (in staff room)</p> <p>3. Healthy Eating Games (in staff room)</p> <p>4. Write your own healthy eating plan/recipe card</p>
<p>Target Review (1)</p>	<p>Review Autumn Term targets</p>	<p>Record of Achievement books. 'What Went Well' and 'Even Better If'. Targets can be carried over into Spring term or 'enhanced'.</p>
<p>Assessment</p>	<p>Assessment of PSHE work</p>	<p>Please use the Autumn Term Year 3 Assessment sheets to assess progress in PSHE using self, peer and teacher assessment</p>
<p>Christmas</p> <p>Class discussion on what makes their Christmas special – move on to look how children around the world prepare for Christmas and what it means to them.</p>	<p>To raise awareness of the importance of love and friendship at Christmas.</p> <p>To develop the pupils global awareness</p>	<p>"Christmas with the Go Givers" Powerpoint</p>