

What is covered in Year 3?

Y3 Families and relationships

Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist



Y3 Citizenship

Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy



Y3 Health and wellbeing

Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.



New Y3 Economic wellbeing

Introduction to budgeting, learning about the different paying methods, the emotional impact of money, the ethics of spending, potential jobs and careers and learning that anyone can aspire to anything.



Y3 Safety and the changing body

Learning about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence



PERSONAL, SOCIAL & HEALTH EDUCATION (PSHE) - YEAR 3 PARENT INFORMATION



Anagh Coar Primary School
2024



What is PSHE?

Our Kapow PSHE lessons aim to give the children the knowledge, skills and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which will support children to make informed choices now and in the future around healthy, safety, wellbeing, relationships and financial matters and will support them in becoming confident individuals and active members of society.

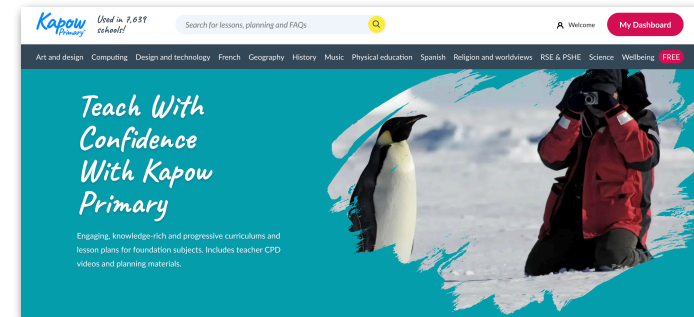


Why have we chosen Kapow?

We have chosen Kapow to deliver our PSHE lessons as we feel it is an engaging programme with coverage of all the key issues we feel our children need to learn about. The scheme uses a range of teaching and learning activities which are based on good practice in teaching PSHE education to ensure that all children can access learning and make progress. In each year group, an introductory lesson provides the opportunity for children and teachers to negotiate ground rules for the lessons. These introductory lessons can then be referred to throughout the year to help create a safe environment. As with all our subjects at Anagh Coar, all lessons within PSHE include ideas for differentiation to stretch the most able learners and give additional support to those who need it. In many lessons, stories, scenarios, and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children play out scenarios that they may find themselves in.

There are meaningful opportunities for cross-curricular learning, in particular with computing for online safety and science for growing, nutrition, teeth, diet and lifestyle. The scheme provides consistent messages throughout the age ranges including how and where to access help.

As the children progress through their years at Anagh Coar, they can utilise their PSHE learning within their daily lives, from dealing with friendship issues, to resilience, to making healthy choices and knowing where and how to get help when needed. The overall aim is for children to be able to make informed choices and decisions.



You can find out more about this scheme on their website - although this is mainly geared towards education staff to use to help them to understand and deliver what needs to be taught.

<https://www.kapowprimary.com>