Year 3 RSHE planning Autumn 1 overview

| Week | Area and codes | Lesson plan | Vocabulary |
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| Week 0 | Keeping Safe and Risks | Class Charter | Rules, responsibilities, rights, fruits of the spirit, individual, team, class |
| Week 1 | Emotional Resilience<br>PGW3, 4 and 5 | Identifying feelings | Negative, positive, emotion, reaction, expression |
| Week 2 | General Wellbeing<br>PGW9<br>PF6<br>PCF7 | Seeking support | Help, asking, adult, friend, trusted, recognising triggers, wellbeing, emotions |
| Week 3 | Respectful, Kind relationships<br>PRKR1 and 5 | Identify and respect difference between people | Needs, families, friendships, balance, different, relationships, respect, personality, background, choices |
| Week 4 | Healthy Eating<br>PHE3<br>PHE2 | Snacktember | Snacks, balance, healthy, diet, nutrition, choices, carbohydrate, protein, fruit and vegetables |
| Week 5 | Respectful, Kind relationships<br>PRKR1 | Active Listening – what does this look like? | Looking, eye contact, focus, body language, repeating, respect, polite, communication |

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| Week 6 | Caring friendships<br>PF2<br>PCF4<br>PCF2<br>PCF7 | What is a positive and healthy relationship? | Positive, healthy, families, negative, friendships, honesty, trustworthy, loyalty, pressure |
| Week 7 | Respectful, Kind relationships<br>PRKR2<br>PRKR3 | Setting and respecting boundaries | Rules, no, stop, boundaries, relationship, listening, personal space, managing conflicts |