



## Curriculum Progression Map

### St Mary and St Joseph's RC Primary School PSHE Progression Grid – Year 3



Health & Well Being		
Healthy Lifestyles	Growing & Changing	Keeping Safe
<p><b>To Learn:</b></p> <ul style="list-style-type: none"> <li>About making informed choices in relation to their health</li> <li>About opportunities they have to make their own choices about food</li> <li>About what makes up a balanced diet</li> <li>About bacteria and viruses</li> <li>How to reduce the spread of bacteria and viruses</li> </ul>	<p><b>To Learn:</b></p> <ul style="list-style-type: none"> <li>About ways to celebrate achievements</li> <li>About personal strengths and areas for development</li> <li>About feelings that are good and not so good</li> <li>How we can manage these feelings</li> <li>About the kinds of change that happen in life</li> <li>How feelings of loss and grief may be expressed</li> </ul>	<p><b>To Learn:</b></p> <ul style="list-style-type: none"> <li>About school rules for health and safety</li> <li>About where and how to get help</li> <li>About who they can trust to take care of their bodies</li> <li>That they have the right to protect their bodies from unwanted contact</li> <li>About consent (giving permission)</li> <li>Strategies that keep us safe</li> <li>About physical, emotional and online safety</li> <li>About the importance of personal safety</li> <li>About people who help them stay healthy and safe</li> <li>About ways that they can help these people</li> <li>About risk, danger and hazard</li> <li>About asking for help</li> <li>techniques to resist pressure</li> <li>About different kinds of negative pressure</li> </ul>
Relationships		
Feelings & Emotions	Healthy Relationships	Valuing Difference
<p><b>To Learn:</b></p> <ul style="list-style-type: none"> <li>About different kinds of feelings</li> <li>About the concept of keeping something confidential or secret</li> <li>About when they should or should not agree to keeping a secret</li> <li>How to recognise and manage dares</li> </ul>	<p><b>To Learn:</b></p> <ul style="list-style-type: none"> <li>About how to develop and maintain healthy relationships</li> <li>About personal space and how this can make them feel comfortable or uncomfortable</li> <li>To respect other people's personal space and begin to recognise when they feel comfortable or uncomfortable</li> <li>About working collaboratively</li> <li>How our actions can affect ourselves and others</li> <li>About solving disputes and conflict through negotiation and appropriate compromise</li> <li>About stereotypes</li> </ul>	<p><b>To Learn:</b></p> <ul style="list-style-type: none"> <li>About different types of relationships</li> <li>About differences and similarities between people</li> <li>About the nature and consequences of hurtful behaviour and bullying</li> <li>How to listen and respond respectfully to a wide range of people</li> <li>About recognising and caring about other people's feelings</li> </ul>
Living in the wider world		
Rights & Responsibilities	Taking care of the environment	Money matters
<p><b>To Learn:</b></p> <ul style="list-style-type: none"> <li>How to discuss and debate issues concerning health and wellbeing</li> <li>About the ways in which rules and laws keep us safe</li> </ul>	<p><b>To Learn:</b></p> <ul style="list-style-type: none"> <li>About topical issues, problems and events concerning health and wellbeing</li> </ul>	<p><b>To Learn:</b></p> <ul style="list-style-type: none"> <li>About the role of money in their own and others' lives</li> <li>About concepts related to money</li> <li>How what it means to be 'enterprising'</li> </ul>

<ul style="list-style-type: none"><li>• <b>That everyone has human rights</b></li><li>• <b>That human rights take precedence over other national laws, family and community practices</b></li><li>• <b>that different cultures can have different practices and traditions</b></li> <li>• <b>About the consequences of anti-social behaviours</b></li><li>• <b>About different kinds of responsibilities and rights</b></li> <li>• <b>About resolving differences</b></li><li>• <b>About the range of national, regional, religious and ethnic identities in the UK</b></li><li>• <b>About how the media present information</b></li></ul>	<ul style="list-style-type: none"><li>• <b>About rights, responsibilities and duties we have to take care of the environment</b></li><li>• <b>About being part of a community</b></li><li>• <b>About different groups that support health and wellbeing</b></li><li>• <b>How other people live in different parts of the world</b></li><li>• <b>About how resources are allocated and the effect this has on individuals and their communities</b></li></ul>	
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