

### An overview of PSHE in Year 3 – Summer Term 1

Our learning this term in PSHE will be: "It's My Body."

We will be using the text, *Your Body is Awesome* to support children's understanding.

You can watch a copy of this text being read by following the link below:

<https://www.youtube.com/watch?v=Dijr7JSTqfM&t=51s>

Below you can read the overview of learning objectives for this PSHE topic.

- **All about hygiene**

Children will find out more about how diseases and germs spread. They will think about ways they can protect themselves from germs and will learn more about how to keep their bodies clean. Children will find out more about dental hygiene.

- **Getting enough sleep**

Children will discuss why it is important to get enough sleep and consider what happens to their bodies when they don't get enough! They will look at some examples of what their bodies may experience when they don't get enough and will design a healthy bedtime routine for a child their age.

- **What we put in our bodies**

Children will discuss the use of medicine and how they can keep themselves safe around them. Children will find out more about how to respond to an emergency. Children will create a poster to inform others about how to stay safe around medicines.

- **It's my choice**

Children will revise the work they've done previously on Pantosaurus. Videos and resources for the pants rule can be viewed by following this link: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/> As a class, we will discuss the importance of talking to trusted adults. We will discuss which parts of the body are private and should only be touched or seen by ourselves.

- **How to keep my body healthy**

Children will learn what our bodies need to keep them healthy and discuss what it means to have a healthy lifestyle. They will consider their minds and bodies when thinking about making healthy choices.

- **How do our choices affect our body?**

Children will review, discuss and explore ways in which the choices they make affect themselves and others. They will reflect on all of the different ways they are able to keep themselves safe and healthy - bringing together all of the learning from previous sessions.

