

**CHARLES DARWIN COMMUNITY PRIMARY SCHOOL PSHCE CURRICULUM**

**Year 3**

Term	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>My Happy Mind</b>						
Unit	Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
<b>NC Statutory Requirements</b>	H1, H4, H9, H11, H12, H13, H14, H15, H16, H17, H18, H19, H24 R10, R11, R25	H21, H22, H23 R22, R23, R25 L6, L14	R2, R22, R25	R1, R6, R7, R8, R11, R21, R22, R23, R24, R25 L6	R25	
<b>Lessons</b>	<p>I can focus my mind to help me train my brain.</p> <p>I know my emotions impact Team H-A-P.</p> <p>I understand why my Amygdala behaves the way it does and how evolution has shaped how it works.</p> <p>I can use Happy Breathing during times of stress.</p> <p>I know about Neurons and Neural Pathways and the role they play in learning.</p> <p>I can look after my brain to help me to be at my best</p>	<p>I know that half of our character is set by genetics and the other half from our experiences.</p> <p>I know that our character can grow based on our experiences, just like their brains do with Neuroplasticity.</p> <p>I know why it is important to spot strengths in others and how they can be used.</p>	<p>I know that the more I show gratitude, the easier it is like Neuroplasticity.</p> <p>I know how to develop an Attitude of Gratitude and that Dopamine gets released in my brain when I give gratitude and that this helps Team H-A -P work together.</p> <p>I know how when I appreciate myself and feel good about my strengths, I will use them even more.</p> <p>I can use Characters' Strengths to appreciate others too.</p>	<p>I know my strengths can be really helpful in friendships by helping me to accept other people's differences and how this is a good thing.</p> <p>I know that everyone sees things differently and that this is a positive thing.</p> <p>I know that we normally choose our friends because of their character.</p>	<p>I understand how my feelings affect my ability to do well in an activity and learn that I have to feel good, to do good.</p> <p>I know what Big Dream Goals are</p> <p>I can use perseverance and resilience to help me not give up on something.</p> <p>I can set my own Big Dream Goals.</p>	

<b>NO OUTSIDERS</b>						
<b>TEXTS</b>	Two Monsters by David McKee	Oliver by Birgitta Sif	The Hueys in the New Jumper by Oliver Jeffers	Beegu by Alexis Deacon	This is our house by Michael Rosen	
<b>KPI</b>						
<b>NC Statutory Requirements</b>	To find a solution to a problem	To understand how difference can affect someone	Use strategies to help someone who feels different	To be welcoming	To understand what discrimination means	
<b>RSE taught Summer 2</b>						
<b>Lesson Objectives from Medway Public Health Directorate</b>	1. What makes a good friend? We are learning about friendship, including why it is important and what makes a good friend 2. Falling out with friends We are learning how to maintain good friendships and about solving disagreements and conflicts with peers					
<b>NC Statutory Requirements</b>	H25, H26 R1, R2, R13, R20, R23 L2					
<b>Drug and Alcohol Education</b>						
<b>Lesson Objectives from Medway Public Health Directorate</b>	Lesson 1 Safety rules and risks: medicines and household products Pupils learn about the safe use of medicines and household products					
<b>NC Statutory Requirements</b>	H1, H3, H4					
<b>LIVING IN THE WIDER WORLD</b>						
<b>ASSEMBLIES and focus lessons</b>	Fairtrade Fortnight Recycle week British Values European day of languages Black History Month Hello Yellow – World Mental Health	Firework Safety Anti-Bullying Week Inter-Faith week Remembrance UK Parliament week	Rail Safety Safer Internet Comic Relief	British Values World Book Day Children’s Mental Health Week International Women’s Day British Science Week Speak Out Stay Safe Neurodiversity week		World Environment day World Ocean day Sun Safety World Refugee Week
<b>Charities</b>	Jeans for Genes		Comic Relief	NSPCC		

	Hello Yellow					
<b>Religious Festivals</b>	Yom Kippur Diwali	Advent Christmas	Chinese New Year	Ramadan Holi Eid Al Fitr Easter		Eid al Adha
<b>No Outsiders and Protected Characteristics assembly</b>	<b>RACE</b> Mixed – Arree Chung Premier League Stars website videos	<b>RELIGION</b> Welcome to Our World: A Celebration of Children Everywhere!	<b>GENDER</b> My Shadow is Pink Rosa Plays Ball	<b>DISABILITY</b> I am Not a Label We Are All Wonders	AGE	<b>FAMILIES/MARRIAGE</b> Fantastic Families All Kinds of Families