










South Gosforth First School  
PSHE –Year Three Long Term Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Question	<p>How can we be a good friend?</p> 	<p>What keeps us safer?</p> 	<p>What are families like?</p> 	<p>What makes a community?</p> 	<p>Why should we eat well and look after our teeth?</p> 	<p>Why should we keep active and sleep well?</p> 
Themes	<p>Relationships Friendship Making positive friendships Managing loneliness Dealing with arguments</p>	<p>Health and Wellbeing Keeping safe At home and school Our bodies Hygiene Medicines and household products</p>	<p>Relationships Families Family life Caring for each other</p>	<p>Living in the Wider World Community Belonging to groups Similarities and differences Respect for others</p>	<p>Health and Wellbeing Being healthy Eating well Dental care</p>	<p>Health and Wellbeing Being healthy Keeping active Taking rest</p>
No Outsiders Text	<p>'This is Our House' by Michael Rosen</p> 	<p>'We're All Wonders' by R.J. Palacio</p> 	<p>'The Truth About Old People' by Elina Ellis</p> 	<p>'Planet Omar: Accidental Trouble Magnet' by Zanib Mian</p> 	<p>'Beegu' by Alexis Deacon</p> 	<p>'The Hueys in the New Jumper' by Oliver Jeffers</p> 