



South Gosforth First School
 PSHE –Year Three Autumn Term 2 Overview



<u>What keeps us safe?</u>	
 Health and Wellbeing	Keeping safe; At home and school; Our bodies; Hygiene; Medicines and household products
In this unit pupils learn:	<ul style="list-style-type: none"> • how to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe • how to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilisers • that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable • how to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online) • how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly) • how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns • what to do in an emergency, including calling for help and speaking to the emergency services
PSHE Association Programme of Study references:	<p>H9: that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it</p> <p>H10: how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed</p> <p>H26: that for some people gender identity does not correspond with their biological sex</p> <p>H30: to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction</p> <p>H39: about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe</p>

	<p>H40: about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)</p> <p>H42: about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact</p> <p>H43: about what is meant by first aid; basic techniques for dealing with common injuries</p> <p>H44: how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say</p> <p>R25: recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact</p> <p>R26: about seeking and giving permission (consent) in different situations</p> <p>R28: how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this</p> <p>R29: where to get advice and report concerns if worried about their own or someone else's personal safety (including online)</p>		
Key vocabulary:	hazards; risk; safety; male; female; private parts; penis; testicles; vulva; vagina; permission; acceptable; unacceptable; health; hygiene; medicines; first aid; scratches; grazes; burns; accident; emergency		
<p>No Outsiders Text:</p> 	<p>'We're All Wonders' by R.J. Palacio</p>	<p>Learning Intention: To understand what a bystander is</p>	<p>Success Criteria:</p> <ul style="list-style-type: none"> I know everyone has differences I know what unique means I know how people can feel hurt I know what a bystander is I know what to do if I see someone being unkind