# PSHE Year Three Friday Overview

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| Autumn 1 | Core Theme 1 Unit 6 LESSON 1: E-Safety – Online Chat  Core Theme 1 Unit 6 LESSON 2: Online Privacy – The Secrets Jar  Core Theme 1 Unit 6 LESSON 3: Online Privacy – E-Protection |
| Autumn 2 | Core Theme 2 Unit 5 LESSON 1: Friendship – Best Features  Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time  Core Theme 2 Unit 5 LESSON 3: Friendship - Falling Out  Core Theme 2 Unit 5 LESSON 4: Friendship – The BAFAs |
| Spring 1 | Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – I Am Who I Am!  Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – Hearts and Minds  Core Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in One  Core Theme 5 Lesson 1 (KS2) Don’t Be a Sheep!  Core Theme 5 Lesson 2 (KS2) Planet Parallel  Core Theme 5 Lesson 3 (KS2) That’s So Gay |
| Spring 2 | Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot Dot Dash  Core Theme 2 Unit 1 LESSON 2: How to Listen – Listen Up!  Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community |
| Summer 1 | Core Theme 1 Unit 7 LESSON 1: Before Puberty – You’ve Grown!  Core Theme 1 Unit 7 LESSON 2: Visible Changes – Mind the Gap  Core Theme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams |
| Summer 2 | Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:Healthy  Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice  Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places |

**Core Theme Coverage:**

Core Theme 1 Health and Wellbeing

Core Theme 2 Relationships

Core Theme 3 Living in the Wider World

**Additional Coverage:**

4. Relationships and Sex

5. Extremism and Radicalisation

6. Drugs Ed

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