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| Autumn 1  (7 Weeks) | Core Theme 3 Unit 1 LESSON 1: Rules - I’m in Charge!  Core Theme 3 Unit 1 LESSON 2: Thinking Ahead – Lesson Planning  Core Theme 3 Unit 1 LESSON 3: Taking the Lead – Learning Time  Core Theme 5 Extremism and Radicalisation Lesson 1 (KS2) Don’t Be A Sheep!  Core Theme 5 Extremism and Radicalisation Lesson 2 (KS2) Planet Parallel  Core Theme 5 Lesson 3 (KS2) That’s So Gay |
| Autumn 2  (7 Weeks) | Core Theme 1 Unit 5 LESSON 1: Loss and Separation  Core Theme 1 Unit 5 LESSON 2: Separation – Found!  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 1 Unit 2 LESSON 4: Sleep – Sweet Dreams |
| Spring 1  (6 Weeks) | Additional Content LESSON 1: Keeping Safe  Additional Content LESSON 2: Taking Risks  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 2 Unit 1 LESSON 3: Responding to Others – Agony Aunts  Core Theme 2 Unit 1 LESSON 4: Expressing Opinions – It’s Debatable |
| Spring 2  (5 Weeks) | Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places  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 8 LESSON 1: How to help – Who to Call  Core Theme 1 Unit 8 LESSON 2: Emergency Calls – Calling 999 |
| Summer 1  (6 Weeks) | Core Theme 1 Unit 8 LESSON 3: Emergency Calls – Ambulance Now!  Additional Lesson: lesson 1 Vaping  Additional Lesson: lesson 2 Vaping  Additional Lesson: lesson 3 Vaping  **Discrete lesson on Consent (Material Provided)**  Drugs Ed – Substance – Related Abuse Lesson 1: Keeping Safe – Don’t D R U G |
| Summer 2  (7 Weeks) | Safe Zone: Lesson 2: Online Relationships (pt 1)  Safe Zone: Lesson 3: Online Bullying (pt 2)  Safe Zone: Lesson 4: Health, Wellbeing and Lifestyle  Safe Zone: Lesson 5: Health, Wellbeing and Lifestyle  Safe Zone: Lesson 6: Privacy and Security  Safe Zone: Lesson 7: Copyright and Ownership |

**Year 3 PSHE 2025-2026**

**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