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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 PlanningCore Theme 3 Unit 1 LESSON 3: Taking the Lead – Learning TimeCore 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 SeparationCore 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 MindsCore Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in One CoreTheme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams |
| Spring 1(6 Weeks) | Additional Content LESSON 1: Keeping SafeAdditional 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 UpCore 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 CallCore 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 VapingAdditional 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 LifestyleSafe Zone: Lesson 5: Health, Wellbeing and LifestyleSafe Zone: Lesson 6: Privacy and SecuritySafe 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