

The Piggott School: Charvil Primary



'Go and do Likewise' Luke 10:25, -37 The Parable of the Good Samaritan
We live with love and compassion, seeking help in times of need

Curriculum Map: Personal, Social and Health Education Year 3

	Autumn 1 Me, my friends and belonging	Autumn 2 Building healthy habits	Spring 1 Making choices online	Spring 2 Keeping safe out and about	Summer 1 Looking out for each other	Summer 2 Changing me
Content Declarative Knowledge 'I know'	-Explain how a community or classroom is made stronger and more interesting when people have different backgrounds, qualities, and identities. -Identify the qualities of a positive, healthy friendship (e.g., trust, kindness, active listening, and respect). -Identify the signs that someone might be feeling left out, lonely, or unwelcome in school or on the playground. -Explain why it is important to avoid forming exclusive "cliques" and how to positively stand up	-Identify and understand the main food groups (e.g., carbohydrates, proteins, fruits and vegetables) and explain how a balance of these keeps the body healthy. -Recognise that many processed foods and drinks contain high amounts of hidden sugar that can impact energy and health. -Describe how sugary foods and poor brushing habits lead to plaque and tooth decay. -Explain the correct technique for brushing teeth (twice a day for two minutes) and	-Explain what age rating systems (such as PEGI for games and BBFC for films/videos) are and why they exist to protect children from inappropriate content. -Understand that information shared online leaves a permanent digital trail and recognise what data should always be kept private (e.g., full names, locations, school details, and passwords). -Explain the importance of creating strong passwords and why they must never be shared with friends.	-Identify that the sun emits harmful UV rays that can cause sunburn, skin damage, and heat stroke if the body is unprotected. -List the unique dangers of a railway environment, including fast-moving trains, overhead electric cables, and the third live rail. -Identify hidden hazards in open water environments like beaches, rivers, and lakes (e.g., strong currents, hidden rocks, sudden drops, and cold water shock). -Recall and explain the core rules of the Water Safety Code:	-Explain that before helping someone else, they must check that the area is safe so they do not get hurt themselves. -State the immediate first aid rule for a burn: cool the area under cold, running water for a long time and tell an adult immediately. -Distinguish between a situation that requires simple first aid and one that requires urgent emergency services. -Explain the importance of staying on the line and listening carefully to the instructions given by the emergency services operator.	-Know that in animals and humans lots of changes happen between conception and growing up -Know that in nature it is usually the female that carries the baby -Know that babies need love and care from their parents/carers -Know some of the changes that happen between being a baby and a child

	against deliberate exclusion.	understand the importance of regular check-ups at the dentist. -Explain the positive effects of regular physical activity on the body (such as strengthening bones and muscles) and mental wellbeing (improving mood and focus).	-Identify common online visual cues, such as pop-ups, advertisements, and "in-app purchase" prompts, and explain why they shouldn't click on them without an adult.	<i>Stop and Think, Stay Together, Float to Live, and Call 999.</i> -Explain how to behave safely on a station platform (e.g., staying well behind the yellow line) and how to safely use a designated pedestrian level crossing.		
Skills Procedural Knowledge 'I know how to'	-Describe their own unique strengths, interests, and character traits, and appreciate that everyone has a different identity. -Recognise that friends do not always have to agree or like the same things, and demonstrate how to respect those differences. -Demonstrate practical ways to make someone feel welcome, such as inviting them into a game, using welcoming body language, or offering a kind word.	-Evaluate everyday food and drink choices and suggest healthier alternatives (e.g., swapping a sugary fizzy drink for water, or a bag of crisps for a piece of fruit). -Distinguish between different intensities of movement (e.g., lifestyle movement like walking vs. vigorous exercise like running or swimming).	-Apply knowledge of age ratings to evaluate whether a game, app, or video is appropriate for them to watch or play. -Identify strategies to say "no" or seek adult advice when peers encourage them to play games or watch content meant for older age groups. -Demonstrate exactly what to do if they accidentally view something online that is scary, explicit, or age-inappropriate (e.g., close the device immediately and	-Demonstrate how to independently protect themselves from the sun using the "Slip, Slop, Slap, Seek, Slide" rules (slip on a t-shirt, slop on sunscreen, slap on a hat, seek shade, slide on sunglasses). -Show how to behave safely on a station platform and how to safely use a designated pedestrian level crossing. -Demonstrate what to do if they see someone struggling in the water (e.g., shout for help, stay on the bank, look for public rescue	-Demonstrate how to manage minor cuts, grazes, and stings safely (e.g., washing the wound, applying a plaster, or using a cold compress). -Demonstrate how to apply firm, direct pressure to a wound using a clean cloth or bandage to stop bleeding. -Role-play a 999 call efficiently by calmly providing vital information: their location, what happened, and if the casualty is awake and breathing.	-Can express how they feel about babies -Can describe the emotions that a new baby can bring to a family -Can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry -Can identify changes they are looking forward to in the next year -Can suggest ways to help them manage feelings during changes they are more anxious about

			report it to a trusted adult).	equipment like a lifebuoy, and call 999—never jump in to help).		
Vocabulary	Identity, Quality, Background, Appreciate, Celebrate, Difference, Friendship, Trust, Kindness, Listening, Respect, Lonely, Unwelcome, Playground, Practical, Welcome, Body language, Exclusive, Clique, Exclusion	Food groups, Carbohydrates, Proteins, Balanced diet, Processed food, Hidden sugar, Alternative, Plaque, Tooth decay, Technique, Dentist, Check-up, Intensity, Lifestyle movement, Vigorous exercise, Mental wellbeing, Strengthen	Age rating, PEGI, BBFC, Inappropriate, Content, Evaluate, Peer pressure, Strategy, Digital trail, Private data, Password, Visual cue, Pop-up, Advertisement, In-app purchase, Explicit, Report, Trusted adult	UV (Ultraviolet) rays, Sunburn, Heat stroke, Protect, Environment, Overhead electric cables, Live rail, Pedestrian level crossing, Platform, Hazard, Currents, Cold water shock, Lifebuoy, Water Safety Code	First aid, Safe, Emergency services, Urgent, Casualty, Operator, Wound, Bandage, Pressure, Plaster, Graze, Burn	Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Nutrients, Survive, Love, Affection, Care, Control, Male, Female, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy.