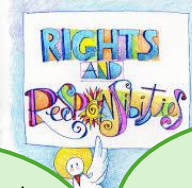
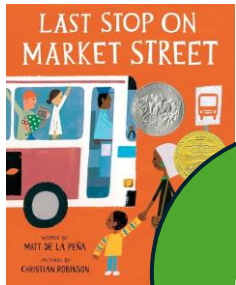


Year 3 & 4 PSHE Learning Journey



Autumn:
Living in
the wider
world



Lesson 1:
What is a
community?

Lesson 2:
What are
rules and
laws?

Lesson 3: What
are our rights
and
responsibilities?

Media
Literacy
and Digital
Resilience

Lesson 1:
What is my
digital
footprint?



Belonging
to a
community



Lesson 2:
What
career
sectors are
there?

Lesson 1:
What are
budgets
and how do
we pay for
things?



Lesson 5:
How do
search
engines
work?

Lesson 4:
How do I
know if
online
content is
appropriate
for me?

Lesson 2:
How do
online
adverts
work?

Lesson 3:
How are
images
altered
online?



Lesson 3:
Why are
there
stereotypes
about career
choices?

Money and
Work

Lesson 4:
What are
my
career
goals?



Spring:
Health
and
Wellbeing

Physical
health and
Mental
Wellbeing



Lesson 3:
How do
we
maintain
oral
health?

Lesson 4:
Why is
sleep
important?

Lesson 6:
How do we
manage
our
emotions?

Keeping
safe

Lesson 1:
What do
we need
to be
healthy?

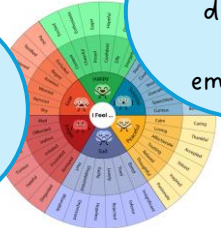


Lesson 2:
How do
medicines
and
vaccines
help us?

Lesson 5:
How do we
describe
our
emotions?



Lesson 1: How
can we stay
safe
using
medicines
and household
products?



Summer:
Relationships



Lesson 1:
Who am
I? What
makes me
unique?



Lesson 4: How
do rules keep
us safe in our
environment?

Lesson 3:
What do I
need to
know about
fire safety?

Lesson 2:
What are
the risks of
alcohol,
smoking and
caffeine?

Families
and
friendships

Lesson 3:
How do I
cope with
setbacks?

Lesson 2 What
are my
strengths and
qualities?:

Growing
and
changing



Lesson 2:
How do
we show
respect to
each
other?

Lesson 1:
What
makes a
family?



Safe
relationships

Lesson 1
What is
the
impact of
bullying?:

Lesson 2
What are
boundaries?

Respecting
ourselves
and
others

Lesson 1:
How are we
different
and
similar?

