

Unit	Lesson name	Lesson No.	Learning objective	Expected Standard (EXS)	GDS	Mental Health	Mental Health
	<a href="#">Lower KS2 RSE &amp; PSHE Lesson Plan   Introduction</a>						
<a href="#">Family and Relationships PSHE Lesson Plans   Year 3 KS2</a>	<a href="#">Lesson 1: Healthy families</a>	1	To understand that families love and support each other but sometimes problems can occur and help is available if needed.	Understand that families are all different. Know that families offer each other support but sometimes they can experience problems.	Explain how families may respond to challenges in different ways and describe where people can seek help or support when family problems occur.	<b>Unit 1 - Emotional literacy</b>	Week 1 - Naming feelings - How many feelings can you name? Beyond happy and sad
	<a href="#">Lesson 2: Friendship conflict</a>	2	To understand that friendships have ups and downs and that problems can be resolved.	Understand that problems occur in friendships and that violence is never right.	Explain why violence damages relationships and suggest peaceful strategies for resolving conflict respectfully.		Week 2 - Triggers and body signals - (eg. tight tummy = feeling worried)
	<a href="#">Lesson 3 conflict vs bullying</a>	3	To begin to understand the impact of bullying.	Understand what bullying is and what to do if it happens	Distinguish between bullying and one-off unkind behaviour and confidently explain a range of appropriate actions to take in different situations.		Week 3 - Emotion thermometers
	<a href="#">Lesson 4: Effective communication</a>	4	To listen and communicate effectively.	Describe what a good listener is and know how to show that they are listening.	Demonstrate active listening skills consistently and explain how these help others feel valued and understood.		Week 4 - Expressing emotions through words and drawings
	<a href="#">Lesson 5: Learning who to trust</a>	5	To understand why trust is an important part of positive relationships.	Say who they trust and why.	Explain how trust is built and maintained and identify trusted people in different contexts, giving clear reasons.		Week 5 - Week 4 continued
	<a href="#">Lesson 6: Respecting differences in others</a>	6	To begin to understand the differences between people and why it is important to respect these differences.	Understand that people can have similarities and differences and explain how differences can be a positive thing.	Explain how diversity strengthens communities and give examples of how differences can lead to learning and cooperation.		Week 6 - Roleplay different emotions
	<a href="#">Lesson 7: Stereotyping: Gender</a>	7	To recognise that stereotypes are present in everyday life	Understand how toys can reinforce gender stereotypes.	Analyse how marketing and design influence perceptions of gender roles and suggest ways stereotypes could be challenged		<b>Unit 2 - Coping skills and Calming strategies</b> Week 1 - Exploring breathing techniques
	<a href="#">Lesson 8: Stereotyping: Age</a>	8	To recognise that stereotypes exist based on a number of factors.	Understand that stereotypes arise from a range of factors, including some of those associated with age.	Explain how stereotypes can be unfair or inaccurate and describe their impact on people's choices and self-esteem.		Week 2 - Safe spaces at home and in school
<a href="#">Y3 Health and wellbeing</a>	<a href="#">Lesson 1: My healthy diary</a>	1	To understand and plan for a healthy lifestyle including physical activity, rest and diet.	Create a healthy diary, where energetic activities and high-energy food are scheduled for the same day	Justify choices made in the diary by explaining how nutrition and activity work together to support health.	Week 3 - Guided imagery - using visualisation to create their safe space	
	<a href="#">Lesson 2: Relaxation: stretches</a>	2	To perform a range of relaxation stretches.	Work in pairs so that one person can do a stretch while the other draws a stick figure to show the pose.	Explain how stretching benefits the body and accurately demonstrate and record safe stretching techniques.	Week 4 - Create a calm kit	
	<a href="#">Lesson 3: Wonderful me</a>	3	To understand the different aspects of my identity.	Understand the different aspects of their identity	Reflect on multiple aspects of identity and explain how these may change over time or in different situations.	Week 5 - Mindfulness	
	<a href="#">Lesson 4: My superpowers</a>	4	To identify my own strengths and begin to see how they can affect others	Identify their own strengths and that they can help other people.	Reflect on strengths and areas for improvement, explaining how effort and practice can help skills grow.	Week 6 - Create your calming passport - which strategies work best for you?	
	<a href="#">Lesson 5: Resilience: breaking down barriers</a>	5	To break down barriers into smaller, achievable goals	Describe how they would break a problem down into small, achievable goals.	Independently apply goal-setting strategies and explain how breaking tasks down increases success.	<b>Unit 3 - Relationships, Friendships and Communication</b> Week 1 - What is a friend - friendship flower	
	<a href="#">Lesson 6: Communicating my feelings</a>	6	To recognise when to give consent.	To recognise when to give consent.	Apply understanding of consent to a range of scenarios, explaining when consent can be given, refused or withdrawn.	Week 2 - Being a good friend - qualities of a good friend	
	<a href="#">Lesson 7: Diet and dental health</a>	7	To understand the benefits of healthy eating and dental health.	Understand the benefits of healthy eating and dental health.	Explain the long-term impact of healthy choices on the body and justify daily routines that promote wellbeing.	Week 3 - Using kind words - 'say it kindly' roleplay	
<a href="#">PSHE RSE Safety and The Changing Body KS1 Y3 - Kapow Primary</a>	<a href="#">Lesson 1: First Aid: Emergencies and calling for help</a>	1	To understand the role I can take in an emergency situation.	Show an understanding that they must consider their own safety before helping others in an emergency situation.	Evaluate emergency scenarios and explain safe, responsible actions that reduce risk. Explain step-by-step responses and identify when adult or medical help is needed.	Week 4 - Solving problems - conflict resolution story and group brainstorm	
	<a href="#">Lesson 2: First Aid: bites and stings</a>	2	To understand how to help if someone has been stung or bitten.	Understand how to help someone who has been bitten or stung		Week 5 - Asking for help - Trusted adults, who can i talk to?	
	<a href="#">Lesson 3: Be kind online</a>	3	To understand the importance of being kind online and what this looks like.	Write an email with instructions written using positive language	Adapt tone and language to suit the audience, ensuring instructions are clear, encouraging and respectful.	Week 6 - Reflect and celebrate - Design a good friend award certificate for someone in the class	
	<a href="#">Lesson 4: Cyberbullying</a>	4	To understand that cyberbullying involves being unkind online.	Create a decision tree showing how to deal with unkind online behaviour and cyberbullying.	Anticipate multiple outcomes and explain why certain responses are safer and more effective.	<b>Unit 4: Self esteem, identity and belonging</b> Week 1 - What makes me special? - All about me shield.	
	<a href="#">Lesson 5: Fake emails</a>	5	To understand that not all emails are genuine.	Send an email that describes some of the best ways to avoid being tricked by fake emails	Explain common features of scams and justify strategies for staying safe online.	Week 2 - My strengths and qualities - Compliment circle- give and receive positive words.	
	<a href="#">Lesson 6: Making choices</a>	6	To understand the choices people can make and those which are made by others.	To understand the choices people can make and those which are made by others.	Explain how choices can be limited or influenced and reflect on the consequences of different decisions.	Week 3 - Feeling good about myself - Self esteem sun - write or draw things that make you feel proud.	

	<a href="#">Lesson 7: Influences</a>	7	To begin to recognise who and what can influence our decisions.	To begin to recognise who and what can influence our decisions.	Analyse positive and negative influences and explain how to make independent, informed choices		Week 4 - Belonging to groups - Belonging bubbles - home, school, clubs, teams.
	<a href="#">Lesson 8: Keeping safe out and about</a>	8	To develop an understanding of safety on or near roads.	To develop an understanding of safety on or near roads.	Apply road safety rules to unfamiliar situations and explain why these rules reduce risk.		Week 5 - Celebrating ourselves - Friendship crowns - design a crown for a classmate celebrating their qualities.
PSHE RSE Citizenship Lessons KS2 Y3 - Kapow Primary	<a href="#">Lesson 1: Rights of the child</a>	1	To explore children's rights, using key articles from the United Nations Convention on the Rights of the Child.	Explain that children have rights and how these benefit them.	Explain how rights protect children and give examples of how these rights work in everyday life.		Week 6 - Reflection and self belief 'I can, I am, I will' booklet.
	<a href="#">Lesson 2: Rights and responsibilities</a>	2	To understand the responsibilities of both	Explain the responsibilities adults have for	Describe how different adults uphold children's	Unit 5 - Resilience , Challenge and	Week 1 - What is resilience? - Read ' The
	<a href="#">Lesson 3: Recycling</a>	3	To identify the environmental benefits of	Discuss the benefits of recycling	Explain environmental and community benefits		Week 2 - Growth mindset vs fixed
	<a href="#">Lesson 4 Local Community groups</a>	4	To understand the groups that make up the	Recognise some of the different groups	Explain how community spaces meet different		Week 3 - The power of 'yet'. - 'yet'
	<a href="#">Lesson 5: Charity</a>	5	To recognise that charities care for others	Explain how charities support the local	Compare different types of charitable support		Week 4 - Problem solving when it is tough
	<a href="#">Lesson 6: Local democracy</a>	6	To begin to understand how democracy works	Describe how democracy works locally and	Explain how local decisions are made and how		Week 5 - Supporting each other to be
	<a href="#">Lesson 7 rules</a>	7	To understand why we have rules and the	Recognise the need for rules and the	Explain how rules create fairness and safety and		Week 6 - Personal resilience goals - 'I
Economic Wellbeing	<a href="#">How do people pay for things?</a>	1	To understand the different ways to pay for	To understand the different ways to pay for	Compare payment methods and explain	Unit 6 - Healthy minds, healthy bodies	Week 1 - What keeps our bodies healthy?
	<a href="#">What does budgeting mean?</a>	2	To understand how to put together a budget	To understand how to put together a budget	Create and justify a simple budget, explaining		Week 2 - Food and mood - Sort food into
	<a href="#">How do people feel about money?</a>	3	To recognise that money has an impact on	To recognise that money has an impact on	Explain how emotions can influence spending		Week 3 - Sleep and screen time - What
	<a href="#">What happens when people spend money?</a>	4	To begin to recognise how ethics can	To begin to recognise how ethics can	Explain how choices can affect others and the		Week 4 - Moving our bodies - Movement
	<a href="#">KS2 RSE &amp; PSHE   Economic Wellbeing Lesson Plan 1</a>	5	To understand that there are a range of jobs	To understand that there are a range of jobs	Explain how skills, interests and values link to		Week 5 - Taking care of our feelings -
	<a href="#">Can anyone be anything?</a>	6	To understand that there are stereotypes in	To understand that there are stereotypes in	Challenge workplace stereotypes using examples		Week 6 - My healthy life plan - Design a
	<a href="#">KS2 Y3: RSE/PSHE: Transition Lesson - Kapow</a>						