Welcome to Year 3

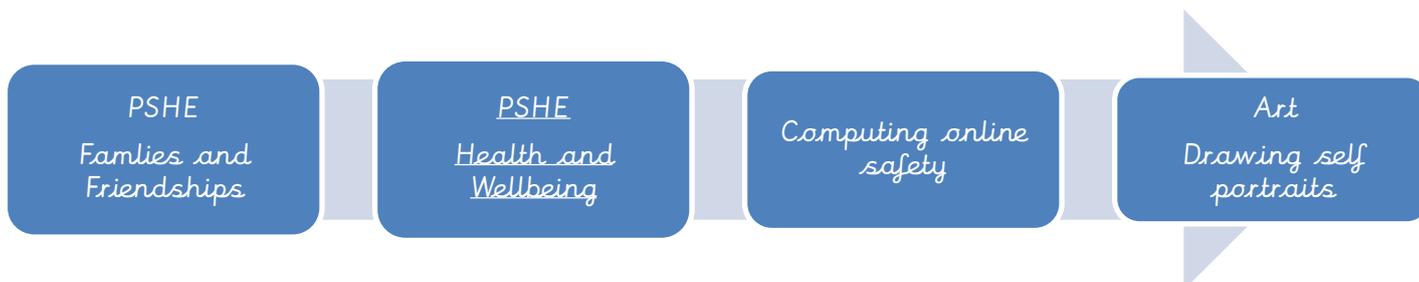| PSHE Families and Friendships	PSHE Health and Wellbeing	Computing online safety	Art Drawing self portraits

<u>Topic overview</u> – This short unit will be covered as soon as we start the new academic year. It has a strong PSHE focus, but will also begin our learning on drawing which the children will revisit and master throughout the year. The children will also send emails safely to a friend.

PSHE skills and knowledge

Families and Friendships
- What makes a family; features of family life
- How friendships support wellbeing and the importance of seeking support if feeling lonely or excluded
- how to recognise if others are feeling lonely and excluded and strategies to include them
- how to build good friendships, including identifying qualities that contribute to positive friendships
- that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences
- how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support
- how families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents)
- how common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays
- how people within families should care for each other and the different ways they demonstrate this
- how to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe

Health and Wellbeing:
- Risks and hazards: safety in the local environment and unfamiliar places
- how to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online)
- Health choices and habits; what affects feelings; expressing feelings
- how regular physical activity benefits bodies and feelings
- how to be active on a daily and weekly basis – how to balance time online with other activities
- how to make choices about physical activity, including what and who influences decisions
- how the lack of physical activity can affect health and wellbeing
- how lack of sleep can affect the body and mood and simple routines that support good quality sleep
- how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried

Vocabulary:
- self-respect
- online
- cyber bullying
- responsibilities

Previous knowledge

Making friends; feeling lonely and getting help
The internet in everyday life; online content and information
Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help
Safety in different environments; risk and safety at home; emergencies

Art skills
- Show an awareness of objects having a third dimension and perspective.
- Use sketchbooks to collect and record visual information from different sources as well as planning and collecting source material for future works.
- Draw for a sustained period of time at an appropriate level

Previous knowledge
- Investigate tone by drawing light/ dark lines, patterns and shapes using a pencil.
- Name, match and draw lines/ marks from observations.
- Sketch to make quick records & annotate ideas & observations.
- Draw from observation (landscape, figures & still-life) and memory or imagination.

Vocabulary:
- sketching
- line
- shape

Computing skills – We are communicators

E-safety
- Give examples of the risks posed by online communications.
- Understand that comments made online that are hurtful or offensive are the same as bullying

Media
- Develop a basic understanding of how email works.
- Gain skills in using email.
- Be aware of broader issues surrounding email, including 'netiquette' and online safety.
- Work collaboratively with a remote partner.
- Experience video conferencing.

Knowledge:
- Know what an email is

Vocabulary:
- e-safety rules
- secure passwords
- report abuse button
- gaming
- blogs
- school network
- devices
- computer parts
- collaborate
- appropriate online communication
- search tools
- appropriate websites
- owner

Previous knowledge
- Be aware of online safety issues when using email
- Know how to safely use emails