



PSHE Overview

Year Group: Year 3

Term: Summer 2

Protected Characteristics: Disability (hidden disability mental health)

British Values: Individual liberty, mutual respect.

We Are Learning about:

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| • What affects our physical and mental health | • How habits can have a positive and negative effect on our lives |
| • Balanced, healthy lifestyles | • The importance of quality sleep and sleep routines |
| • Hygiene routines | • Benefits and risks of sun exposure |
| • Strategies for balancing time offline and online | • Oral hygiene |



Useful conversations to have at home:
When bedtime is and why.

What we do online and why it is important to switch off.

How we keep our bodies and mouths clean and why.

Why it's important to wear sunscreen and a hat with a peak.

How we can exercise and how it keeps our bodies and minds healthy.

Look at the food you eat at home and the nutritional value.

