



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education Families and people who care for us	1. That families are important for children growing up because they can give love, security and stability	Family and Friends	Valuing Difference	Autumn 2
	2. The characteristics of healthy family, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	Family and Friends	Valuing Difference	Autumn 2
		Looking after our special people?	Me and My Relationships	Autumn 1
Relationships Education Families and people who care for us	3. That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	Family and Friends	Valuing Difference	Autumn 2
		Let's celebrate our differences	Valuing Difference	Autumn 2
	4. That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	Family and Friends	Valuing Difference	Autumn 2



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	5. That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	-	-	-
Families and people who care for us	6. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	-	-	-



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	1. How important friendships are in making us feel happy and secure, and how people choose and make friends.	Looking after our special people	Me and My Relationships	Autumn 1
		Friends are special	Me and My Relationships	Autumn 1
		Relationship Tree	Growing and Changing	Summer 2
Caring Friendships	2. The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	Looking after our special people	Me and My Relationships	Autumn 1
		Relationship Tree	Growing and Changing	Summer 2
		Friends are special	Me and My Relationships	Autumn 1



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	3. That healthy friendships and welcoming towards others, and do not make others feel lonely or excluded.	How can we solve this problem?	Me and My Relationships	Autumn 1
Relationships Education	4. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	How can we solve this problem?	Me and My Relationships	Autumn 1
		Friends are special	Me and My Relationships	Autumn 1
Caring Friendships	5. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	Relationship Tree	Growing and Changing	Summer 1



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	1. The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	Respect and challenge	Valuing Difference	Autumn 2
		Zeb	Valuing Difference	Autumn 2
		How can we solve this problem?	Me and My Relationships	Autumn 1
		Let's celebrate our differences	Valuing Difference	Autumn 2
		Our friends and neighbours	Valuing Difference	Autumn 2
		For or against?	Being My Best	Summer 1
		Thunks	Me and My Relationships	Autumn 1
Respectful Relationships	2. Practical steps they can take in a range of different contexts to improve or support respectful relationships.	Thunks	Being My Best	Summer 1
		For or against?	Being My Best	Summer 1
		Our friends and neighbours	Valuing Difference	Autumn 2
		Let's celebrate our differences	Valuing Difference	Autumn 2
		3. The conventions of courtesy and manners.	Respect and challenge	Valuing Difference
		For or against?	Being My Best	Summer 1
		Thunks	Being My Best	Summer 1



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Theme	Strand			
Relationships Education Respectful Relationships	4. The importance of self-respect and how this links to their own happiness.	-	-	-
	5. That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	Zeb	Valuing Difference	Autumn 2
	6. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Zeb	Valuing Difference	Autumn 2
Let's celebrate our differences		Valuing Difference	Autumn 2	



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Theme	Strand			
Relationships Education	7. What a stereotype is, and stereotypes can be unfair, negative or destructive.	Zeb	Valuing Difference	Autumn 2
		Family and friends	Valuing Difference	Autumn 2
Respectful Relationships	8. The importance of permission-seeking and giving in relationships with friends, peers and adults.	None of your business!	Keeping Myself Safe	Spring 1



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Relationships Education	1. That people sometimes behave differently online, including by pretending to be someone they are not.	None of your business!	Keeping Myself Safe	Spring 1
		I am fantastic!	Being My Best	Summer 1
	2. That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	Let's celebrate our differences	Valuing Difference	Autumn 2
		None of your business!	Keeping Myself Safe	Spring 1
		Zeb	Valuing Difference	Spring 1
		Relationship Tree	Growing and Changing	Summer 2
Online Relationships	3. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	None of your business!	Keeping Myself Safe	Spring 1
		Super Searcher	Keeping Myself Safe	Spring 1
	4. How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Super Searcher	Keeping Myself Safe	Spring 1
Recount Task		Rights and Responsibilities	Spring 2	
None of your business!		Keeping Myself Safe	Spring 1	



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
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Relationships Education	5. How information and data is shared online and used online.	None of your business!	Keeping Myself Safe	Spring 1
		Super Searcher	Keeping Myself Safe	Spring 1
Online Relationships				



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
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Relationships Education	1. What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	Safe or unsafe?	Keeping Myself Safe	Spring 1
		None of your business!	Keeping Myself Safe	Spring 1
		Raisin Challenge (1)	Keeping Myself Safe	Spring 1
		Dan's Dare	Me and My Relationships	Autumn 1
Relationships Education	2. About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Secret or surprise?	Growing and Changing	Summer 2
Being Safe	3. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Body space	Growing and Changing	Summer 2
Being Safe	4. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	Safe or unsafe?	Keeping Myself Safe	Spring 1
		Danger or risk?	Keeping Myself Safe	Spring 1
		None of your business!	Keeping Myself Safe	Spring 1



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Theme	Strand			
Relationships Education	5. How to recognise and report feelings of being unsafe or feeling bad about any adult.	Safe or unsafe?	Keeping Myself Safe	Spring 1
		The risk robot	Keeping Myself Safe	Spring 1
		None of your business!	Keeping Myself Safe	Spring 1
Being Safe	6. How to ask for advice or help for themselves or others, and to keep trying until they are heard.	Raisin Challenge (1)	Keeping Myself Safe	Spring 1
Relationships Education	7. How to report concerns or abuse, and the vocabulary and confidence needed to do so.	-	-	-
Being Safe	8. Where to get advice e.g. family, school and/ or other sources.	Helping each other to stay safe	Rights and Responsibilities	Spring 2



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term	
Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	1. That mental wellbeing is a normal part of daily life, in the same way as physical health.	-	-	-	
	2. That there is a normal range of emotions (eg happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	My special pet	Me and My Relationships	Autumn 1	
	3. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	My special pet	Me and My Relationships	Autumn 1	
	MENTAL WELLBEING	4. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	My special pet	Me and My Relationships	Autumn 1
			Thinking about feelings	Me and My Relationships	Autumn 1



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
	5. The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	My community	Valuing Difference	Autumn 2
		Our helpful volunteers	Rights and Responsibilities	Spring 2
Physical Health and Mental Wellbeing (Health Education)	6. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	-	-	-
MENTAL WELLBEING	7. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	-	-	-
	8. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Zeb	Valuing Difference	Autumn 2
		Let's celebrate our differences	Valuing Difference	Autumn 2



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	9. Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	-	-	-
MENTAL WELLBEING				



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Physical Health and Mental Wellbeing (Health Education)	1. That for most people the internet is an integral part of life and has many benefits	Super Searcher	Keeping Myself Safe	Spring 1
	2. About the risks of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	-	-	-
	3. How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	Super Searcher	Keeping Myself Safe	Spring 1
		None of your business!	Keeping Myself Safe	Spring 1
	4. Why social media, some computer games and online gaming, for example, are age restricted.	As a rule	Me and My Relationships	Autumn 1



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Physical Health and Mental Wellbeing (Health Education)	5. That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Let's celebrate our differences	Valuing Difference	Autumn 2
		None of your business!	Keeping Myself Safe	Spring 1
		Zeb	Valuing Difference	Autumn 2
Internet Safety and Harms	6. How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	Recount Task	Rights and Responsibilities	Spring 2
		7. Where and how to report concerns and get support with issues online.	Keeping Myself Safe	Spring 1



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Theme	Strand				
Physical Health and Mental Wellbeing (Health Education)	1. The characteristics and mental and physical benefits of an active lifestyle.	-	-	-	
	2. The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	-	-	-	
	Physical health and fitness	3. The risks associated with an inactive lifestyle (including obesity).	-	-	-
		4. How and when to seek support including which adults to speak to in school if they are worried about their health.	-	-	-



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	1. What constitutes a healthy diet (including understanding calories and other nutritional content).	Derek cooks dinner	Being My Best	Summer 1
Healthy Eating	2. The principles of planning and preparing a range of healthy meals.	Derek cooks dinner	Being My Best	Summer 1
Healthy Eating	3. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (eg the impact of alcohol on diet or health).	Derek cooks dinner	Being My Best	Summer 1
		Alcohol and cigarettes: the facts	Keeping Myself Safe	Spring 1
		Help or harm?	Keeping Myself Safe	Spring 1



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
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Physical Health and Mental Wellbeing (Health Education)	1. The facts about legal and illegal harmful substances and associated risks, including smoking, alcoholism and drug-taking.	Help or harm?	Keeping Myself Safe	Spring 1
		Alcohol and cigarettes: the facts	Keeping Myself Safe	Spring 2
	Drugs alcohol and tobacco			



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Physical Health and Mental Wellbeing (Health Education)	1. How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	-	-	-
Health and Prevention	2. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	-	-	-
Health and Prevention	3. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	-	-	-
Health and Prevention	4. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	-	-	-



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Physical Health and Mental Wellbeing (Health Education)	5. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing.	Poorly Harold	Being My Best	Summer 1
	6. The facts and science relating to allergies, immunisation and vaccination.	-	-	-
Health and Prevention				



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



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Basic First Aid	1. How to make a clear and efficient call to emergency services if necessary.	Basic first aid	Growing and Changing	Summer 2
	2. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Basic first aid	Growing and Changing	Summer 2



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
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Changing Adolescent Body	1. Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	My changing body	Growing and Changing	Summer 2
	2. About menstrual wellbeing including the key facts about the menstrual cycle.	My changing body	Growing and Changing	Summer 2



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 3 - Year 3 - CYCLE A

