Year 3 PSHE Long Term Plan 2026-27

Week	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Pol-Ed: How can I make friends? (Y1) How can I play nicely?	Pol-Ed: When should I break a secret?	Pol-Ed: How does school help me?	Pol-Ed: What are children's rights?	Pol-Ed: How should we treat people?	Pol-Ed: Who are my key people/ trusted adults?
2	Pol-Ed: How can I share my worries?	Pol-Ed: What is mental health? Y2 - when do I need to take a break	Pol-Ed: How can I be a responsible citizen?	**Book Week**	Pol-Ed: What can I do when friendships go wrong?	Caring Friendships – Characteristics of friendships
3	Pol-Ed: Why are different rules in different places? (Y1)	**Anti-Bullying Week - Breaking the silence**	**INSET Day**	Pol-Ed: What is the law and why do we have it?	Pol-Ed: What do we mean by consent in friendships?	Drug, alcohol and tobacco education Tobacco is a drug
4	Pol-Ed: What are emergency services? Y2 – Who are the police?	Pol-Ed: What am I good at?	Pol-Ed: How do we enforce the law?	**Careers Week**	Pol-Ed: What is bullying?	Drug, alcohol and tobacco education Tobacco is a drug
5	Pol-Ed: What are emergency situations?	Pol-Ed: How can intense feelings feel?	**Children's Mental Health Week**		Pol-Ed: How can vaccinations support our health?	Identity, society and equality – celebrating difference
6	Pol-Ed: What do we mean by risk?	Pol-Ed: What words can I use to talk about my feelings? Y1 - how can I share my feelings? Y1- What do feelings feel like?	**Internet Safety Day - Too Good to be True**			
7	**Black History Week**	**Asian Achievement Week**				
8						
Stand alone	Be Bright Be Seen Road Safety assembly	Road Safety Pedestrian Training			Balance Bikes	
Careers				Careers Week		
Assemblies	Whole school - empathy	Whole school - sleep	Safeguarding /NSPCC	Consequences – whole school assembly	Safe hands – whole school assembly	NSPCC - PANTS
DT and PE	How does exercise help me? How can I look after my body?					What does it mean to be healthy? How can I look after my body?

Additional resources: Young Citizens; Barclays Lifeskills; Primary Futures; 52 Lives; St John's Ambulance; NHS careers