

PSHRE (Cycle B) | Years 3 & 4 | 2025-26

Citizenship

What are children's rights, and how does the Convention on the Rights of the Child explain these?

How can we ensure all children benefit from these rights?

What are the environmental benefits of recycling?

Who lives in our community?

How can we help charities to care for others?

Why do we have rules and what are the consequences of breaking rules at school and at home?

Economic Wellbeing

How do people pay for things?

What is a budget and why is it important?

How can money affect the way people feel?

Should we always buy the cheapest things?

What careers are there and what might I like to do when I grow up?

What are stereotypes and how do they affect people in the workplace?

Transitions

What ground rules should we set for PSHRE lessons? – start of year.

What strategies could I use to cope with change? (end of year)

Family and Relationships

What is a healthy family?

How can friendship problems be resolved?

How are friendship problems different to bullying?

How can we communicate effectively?

Why is it important to respect people's differences?

What is stereotyping?

Health and Wellbeing

What is a healthy lifestyle including physical activity, rest and diet?

What are the benefits of healthy eating and dental health.

What are the different aspects of my identity?

What are my own strengths and how might they affect others?

How can I break down barriers into smaller, achievable goals?

What is consent and when do I need to give it?

Safety and the changing body

How can I help in an emergency?

Why is it important to be kind online and what does it look like?

What is cyberbullying?

Why are some choices made for me and some I make myself?

Who and what may influence my decision making?

How and why do we stay safe near roads?