



RSHE – Year 3

At Abbey Lane, we follow the Sheffield Schools Relationships and Health Education scheme, which is based on the National Curriculum for RSHE.

Autumn	Spring	Summer
Relationships- What makes a family?	Community- Our communities	Health & Wellbeing- Physical health – staying healthy
Pupils will discuss: Do families always stay the same? Are all families like mine? How should we treat people who are different?	Pupils will discuss: How do we make the world fair? Where do you feel like you belong? How can we help the people around us?	Pupils will discuss: How do I keep my body healthy? How do I get a healthy diet? How do I stop getting ill? How do I save a life?