

RSHE year by year lesson content – Year 3

YEAR 3		
Autumn Term		Spring Term
Me and My Relationships	Valuing Difference	Keeping Safe
Lesson Plans As a rule (Updated 19 Aug 2025) Looking after our special people (Updated 23 Mar 2026) How can we solve this problem? Tangram team challenge (OPTIONAL) Friends are special (Updated 17 Mar 2026) Thanks (Updated 29 Mar 2026) Dan's dare My special pet (OPTIONAL)	Lesson Plans Respect and challenge (Updated 23 Mar 2026) Family and friends (Updated 29 Mar 2026) My community (Updated 11 Aug 2025) Our friends and neighbours Let's celebrate our differences (Updated 23 Mar 2026) Zeb (Updated 29 Mar 2026)	Lesson Plans Safe or unsafe? Danger or risk? The Risk robot Super Searcher (Updated 05 Mar 2026) Help or harm? (Updated 27 Feb 2026) Alcohol and cigarettes: the facts (Updated 08 Apr 2026) Raisin challenge (1) (OPTIONAL)
Spring Term	Summer Term	
Rights and Respect	Being my Best	Growing and Changing
Lesson Plans Helping each other to stay safe Recount task (Updated 26 Aug 2025) Our helpful volunteers Can Harold afford it? (Updated 07 Apr 2026) Earning money Harold's environment project (Updated 11 Aug 2025) Let's have a tidy up! (OPTIONAL) (Updated 11 Aug 2025)	Lesson Plans Derek cooks dinner! (healthy eating) (Updated 08 Apr 2026) Poorly Harold Body team work For or against? (Updated 29 Mar 2026) I am fantastic! (Updated 02 Mar 2026) Top talents Getting on with your nerves! (OPTIONAL)	Lesson Plans Relationship tree (Updated 23 Mar 2026) Body space (Updated 02 Apr 2026) None of your business! (Updated 05 Mar 2026) Secret or surprise? (Updated 11 Aug 2025) My changing body (external changes only - adapted lesson for our setting) (Updated 08 Apr 2026) Basic first aid

Lessons in Green are deemed to be sex education lessons as they explore puberty changes. Parents can request to withdraw their child from these.