

PHSE Curriculum Plan (3 weeks) & RSE Curriculum Plan (3 weeks)

Spring 1 2025

Year 3



Spring 1 2025	PHSE – Healthy Lifestyles -Personal hygiene	Session length
6/1/25- Feeling ill- germs	<p>Learning Objective: To learn about how simple hygiene routines can prevent the spread of bacteria and viruses.</p> <p>Learning Outcomes:</p> <ul style="list-style-type: none">✓ Recognise what germs (bacteria, viruses and fungi) are and understand that they can sometimes cause illnesses.✓ Explain how bacteria and viruses can be passed from one person to another.✓ Describe how, through simple hygiene routines, they can help to stop the spread of germs that negatively affect their own and others' health. <p>LESSON</p> <p>Feeling ill <i>Ask the children to discuss the questions within the slide notes with someone near them. Discuss as a class the responses.</i> <i>We feel ill when some germs enter our bodies through our mouths, nose or eyes. This is why keeping clean (hygiene) is so important.</i></p> <p>What are germs? <i>Germs are tiny living organisms called microbes. Microbes can be found everywhere, in the air we breathe, on our skin and on the food we eat. Some microbes are not harmful to us and some are actually helpful, but some cause diseases and infections and can make us ill.</i> <i>There are 3 different types of microbes; bacteria, viruses and fungi. Show children the images and explain they have been magnified huge amounts.</i></p> <p>How do microbes make us ill? <i>Fungi can be harmful and helpful. Harmful fungi can cause infections or be poisonous when we eat them. Helpful fungi can be used to make some antibiotics (penicillin).</i> <i>Bacteria can multiply very fast (every 20 minutes). Most are harmless to humans and can be useful, for example in making yogurt. But some bacteria produce a substance called a toxin, which is harmful to humans and can make us ill.</i></p>	30 minutes

	<p>Which diseases and infections are caused by microbes? <i>Many common illnesses are caused by microbes. Ask the children to write on their white boards which common illnesses and diseases they think may be caused by microbes. Share ideas and correct any misconceptions.</i></p>	
<p>13/1/25- How can we stop the spread of infections and diseases?</p>	<p>Learning Objective: To learn about how simple hygiene routines can prevent the spread of bacteria and viruses.</p> <p>Learning Outcomes:</p> <ul style="list-style-type: none"> ✓ Recognise what germs (bacteria, viruses and fungi) are and understand that they can sometimes cause illnesses. ✓ Explain how bacteria and viruses can be passed from one person to another. ✓ Describe how, through simple hygiene routines, they can help to stop the spread of germs that negatively affect their own and others' health. <p>LESSON</p> <p>How are microbes spread? <i>Many microbes can multiply really quickly and are spread from person to person easily. Schools are full of harmful microbes which are easily passed from person to person, causing diseases and infections to be spread around. You may recall a time when several people in your class were off school with the same illness, perhaps sickness or chicken pox. This was caused by the spread of microbes causing the infection. Touch is one way these microbes can be spread. Another common way infections can be spread is sneezing and coughing. When we cough and sneeze, the droplets we cough or sneeze out (including harmful microbes) can travel a long way and easily infect someone else. This is why colds and flu are so easily spread.</i></p> <p>How can we stop the spread of infections and diseases? <i>Ask the children what they think we can do to stop the spread of infections. Take feedback and share ideas. See slide notes for questions to ask. Ask children to mime the hand washing technique they learned in years 1 and 2. Show NHS hand washing video again if necessary as a reminder NHS hand washing demonstration video.</i></p> <p><i>Another way we can stop harmful microbes spreading is by covering our noses and mouths when we sneeze and our mouths when we cough. We should do this with the insides of our elbow, or with a tissue, not our hands. Why? (The harmful microbes will be on our hands and will then be easily spread). Note - if we use a tissue we still need to wash our hands afterwards. Ask if any of the children have seen the 'catch it, bin it, kill it' poster before (on slide). Why are these posters displayed in public places?</i></p> <p><i>Choose a child to dip their hands in a bag of flour, (with the flour representing harmful microbes), and then give them some tasks to complete e.g., giving out books. Ask the class to observe what happened to the flour 'microbes' and how far they are spread. What could help to prevent this spread?</i></p>	<p>30 minutes</p>

<p>20/1/25 - Spreading germs tasks</p>	<p>Learning Objective: To learn about how simple hygiene routines can prevent the spread of bacteria and viruses.</p> <p>Learning Outcomes:</p> <ul style="list-style-type: none"> ✓ Recognise what germs (bacteria, viruses and fungi) are and understand that they can sometimes cause illnesses. ✓ Explain how bacteria and viruses can be passed from one person to another. ✓ Describe how, through simple hygiene routines, they can help to stop the spread of germs that negatively affect their own and others' health. <p><i>LESSON</i> -Jan's Cold Show the children the scenario on slides 13 and 14, Jan's Cold. Ask them in pairs to discuss how many items Jan touches and how far his germs may have spread. How easy would it be for these harmful microbes to be spread around school? What could Jan have done to prevent his cold from spreading? -What have you touched today? Ask them to think of everything they have touched since they woke up this morning. Now ask them to imagine that they have a cold or other infection. Looking at all the things they have touched today, how far might their infection have spread if they didn't wash their hands? Class Quiz As a class, complete the infection prevention quiz and discuss.</p>	<p>30-40 minutes</p>
	<p>RSE – LKS2 Module 1- Unit 2 (1st lesson) LKS2 Module 1- Unit 3 (2nd & 3rd lesson)</p>	
<p>27/1/25- Lesson 1-What is puberty?</p>	<p>https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/lks2/m-1/lks2_1_created-and-loved-by-god/u-2/lks2_1-2_me-my-body-my-health/s-3/what-is-puberty/</p> <p><u>Learning Objectives</u> Children will: Learn what the term 'puberty' means. Learn when they can expect puberty to take place. Understand that puberty is part of God's plan for our bodies.</p> <p><u>Success Criteria</u> Children will: Be able to describe puberty as the process of change children go through to become adults. Take part in activities and discussions.</p>	<p>30 minutes</p>
<p>3/2/25- Lesson 2- What am I feeling?</p>	<p>https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/lks2/m-1/lks2_1_created-and-loved-by-god/u-3/lks2_1-3_emotional-well-being/s-1/what-am-i-feeling/</p> <p><u>Learning Objectives</u> Children will learn:</p>	<p>30 minutes</p>

	<p>That emotions change as they grow up (including hormonal effects – Version 2 only) About the range and intensity of their feelings and that ‘feelings’ are not good guides for action That feelings are neither good or bad, but information about what we are experiencing that help us consider how to act What ‘emotional well-being’ means and that positive actions and talking to trusted people enhance emotional well-being</p> <p><u>Success Criteria</u> Children will: Participate in activities and discussions to consider how different people feel in various situations. Have the opportunity to reflect on positive actions to enhance emotional well-being</p>	
<p>10/2/25-Lesson 3- What am I looking at?</p>	<p>https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/lks2/m-1/lks2_1_created-and-loved-by-god/u-3/lks2_1-3_emotional-well-being/s-2/what-am-i-looking-at/</p> <p><u>Learning Objectives</u> Children will learn: To recognise that images in the media do not always reflect reality and can affect how people feel about themselves. That God made us and loves us as we are.</p> <p><u>Success Criteria</u> Children will: Engage with the story and discussion questions. Take part in activities about the difference between social media and real life</p>	<p>30 minutes</p>