Year 3 Lesson Directory

This directory provides an overview of the Year 3 Muse Wellbeing lessons, including lessons that support statutory Relationships Education, statutory Health Education, wider PSHE and pupil wellbeing.

Year 3 helps pupils develop a deeper understanding of their mental health, physical wellbeing, relationships and responsibilities. Lessons are designed to be age-appropriate, practical and discussion-based, supporting children to recognise emotions, care for their bodies, build positive friendships, understand peer pressure and take a more active role in their communities.

The lessons are grouped into three areas of learning:

Health and Wellbeing: Pupils explore mental health, physical health, hygiene, bodies and digital wellbeing.

Understanding Relationships: Pupils learn about family, friendship, self-worth, bullying, peer pressure and safety.

The World Around Us: Pupils explore global issues, diversity, laws, community, money, beliefs and goals.

Teachers can use this directory to quickly understand the sequence of learning across the year, identify lesson themes and support medium-term planning. PSHE leads and senior leaders may also use it as a simple overview of curriculum coverage for Year 3.

Together, these lessons help pupils develop knowledge, vocabulary and confidence as they continue their PSHE and wellbeing journey with Muse Wellbeing.

Year 3 Lesson Directory: Health and Wellbeing

		Main Learning Objective	Sub Learning Objective
1	What is Mental Health?	To know that mental health is a part of our daily lives	To know that positive mental health does not mean always being "happy"
2	My Feelings!	To understand a range of emotions and why they may feel like this	
3	Caring for Mental Health	To know that activities such as physical exercise, charity and hobbies can promote positive mental health	To understand it is important to express their feelings, emotions, worries and thoughts
4	What is Physical Health?	To understand the characteristics of physical wellbeing	To understand the importance of regular exercise to promote physical and mental wellbeing
5	Eating Well!	To recognise the elements of a healthy, balanced diet and make informed decisions on choosing foods	To understand the impact of poor diets on our physical and mental wellbeing
6	Keeping Clean	To know and undertake the many different aspects of hygienic routines (self-care, oral hygiene, cleaning)	To understand the impact of poor personal hygiene on our overall wellbeing
7	Me and the World	To understand that people (including themselves) identify with different cultures, hobbies and likes and dislikes	To identify their strengths and celebrate their achievements with others
8	Our Bodies	To identify and name the main genitalia of males and females	
9	Tech Talk	To understand that technology and the internet have many benefits for our physical and mental health	To know that technology and digital use can have negative effects on overall wellbeing (inactivity, balancing time online, online abuse)
10	Keeping Safe!	To identify and describe many common shared rules in their environments and why they are important	To understand fire safety procedures and actions to take at school, home and the wider community
11	Better Wellbeing	To know ways to recognise when they are feeling physically or emotionally unwell (weight-loss, changes to their body or feelings)	To identify who they can contact within school with any concerns regarding their wellbeing
12	Our Immune System	To understand the role of our immune system in relation to germs and diseases	To know and review some simple facts about immunity, germs and medicines *(supplementary assessment objective)*

Year 3 Lesson Directory: Understanding Relationships

		Main Learning Objective	Sub Learning Objective
13	Diverse Family Units	To recognise and respect that other children may have different types of family units	
14	Family, Support and Care	To identify how families can support and care for each other in positive ways	To know that it is important to spend time together with family members and share experiences
15	Real Relationships!	To identify that there are other types of relationships outside of family (friends, boyfriends/girlfriends, teachers)	
16	What Makes a Great Friend?	To know that positive friendships can have a meaningful impact on their wellbeing	To identify the characteristics of positive friendships (respect, trust, kindness, generosity)
17	Positive Impressions	To know ways in which to choose and build new friendships that will have a positive effect on their wellbeing	To identify when a friendship is not improving their overall wellbeing
18	Respect at Its Best	To understand the importance of using language with courtesy and respect when speaking to others	
19	Self-Worth + Self-Esteem	To respect themselves and have an understanding of self-worth and self-esteem	
20	Be an Upstander	To identify different forms of bullying and strategies for dealing with them	
21	My Digital Identity	To understand the term "Digital Identity" and how it applies to themselves and others	To understand that not all information found on the internet is true
22	Giving Credit	To know when and how to give credit for work and content found online	
23	Peer Pressure	To identify situations where they feel "peer pressure" and evaluate the safety of an activity or action	To know who to contact in school when worried about their own or others' safety
24	Dealing with Difficulties	To know strategies for dealing with hurtful behaviour to themselves or others	To understand what kinds of physical contact are safe and appropriate and how to respond

Year 3 Lesson Directory: The World Around Us

		Main Learning Objective	Sub Learning Objective
25	Pollution Problems	To enquire and research into events and topics affecting people and our world both locally and globally	
26	Global Issues	To respect and empathise with other people's lives and situations in different global settings	To identify current local and global problems affecting areas and people and share their opinions
27	Rules and Laws	To recognise rules and regulations that affect laws around them	
28	Responsibilities	To know that each person (including themselves) has responsibilities to support others around them	To recognise that they can affect people's lives through their own actions
29	Diversity and Britain	To identify the different groups of people that make up their local community	To recognise the benefits of a diverse community and how it can positively affect communities
30	Religion and Beliefs	To understand there are a range of personal and religious beliefs both locally and globally	
31	Community Support Groups	To make an active commitment to helping and supporting others in their local community	
32	Jobs for the Community	To compare a range of types of employment and consider their uses in civic duty	
33	Keeping Money Safe	To identify simple ways they can look after money (bank accounts, piggy banks, other savings)	
34	My Opinions	To share and explain their views on experiences and topics with reasoning (including their own beliefs and spirituality)	To identify the morality between "right" or "wrong" actions and consider the effects of each on others
35	STAR Goals	To set goals and targets whilst tracking their own progress	To display enthusiasm and excitement in their own learning
36	Yearly Review	To reflect on personal growth and learning and consider steps to continuing development	