

Autumn Term 1 Year 3 PSHE

Being Me in My World

Key facts

- I feel special and safe in my class
- I understand the rights and responsibilities as a member of my class
- I understand the rights and responsibilities for being a member of my class
- I know my views are valued and can contribute to the learning charter
- I can recognise the choices I make and understand the consequences
- I understand my rights and responsibilities within our learning charter

Prior Knowledge

Children have previously discussed self-identity, understanding belonging to a class group and their rights and responsibilities within that group.

Key Vocabulary

Safe, special, calm, belonging, rights, responsibilities, learning charter, rewards, proud, consequences, upset, disappointed, illustration.

Brief summary/ overview

Children will think about everybody's right to learn, helping others to feel welcome, trying to make our school community a better place, caring about the feelings of others, working well with others and following the learning charter.

Resources

Chime bar
Jigsaw charter
Treasure box
School rules
Rights and responsibilities of the child

Cross curricular links/visits

Links to Forest School, following rules and keeping safe.

Autumn Term 2 Year 3 PSHE

Celebrating Difference (including anti-bullying)

Brief summary/ overview

Children will learn about how different families work together and though there is love, families do not always get along.

They will also learn what to do when they witness bullying and what they can do in order to support others that are being affected.

Key facts

- I understand that everybody's family is different and important to them
- I understand that differences and conflicts sometimes happen among family members
- I know what it means to be a witness to bullying
- I know that witnesses can make the situation better or worse by what they do
- I recognise that some words are used in hurtful ways
- I can tell you about a time when my words affected someone's feelings and what the consequences were

Prior Knowledge

Children have learnt about how different families are made up and not everyone is the same.

Key Vocabulary

Family
Loving
Caring
Safe
Connected
Difference
Special

Witness
Bystander
Bullying
Unkind
Feelings
Tell

Resources

Chime bar
Jigsaw charter
Treasure box
Jigsaw resources – images of families, bullying/witness scenarios

Cross curricular links/visits

Spring Term 1 Year 3 PSHE

Dreams and Goals

Key facts

- I can tell you about a person who has faced difficult challenges and achieved success
- I can identify a dream/ambition that is important to me
- I enjoy facing new learning challenges and working out the best ways for me to achieve them
- I am motivated and enthusiastic about achieving our new challenge
- I can recognise obstacles which might hinder my achievement and can take steps to overcome them.
- I can evaluate my own learning progress and how it can be better next time

Prior Knowledge

Children have previously set their own targets and goals and discussed what they need to do in order to achieve the goal.

Key Vocabulary

Perseverance
Challenges
Success
Obstacles
Dreams
Goals

Team work
Enterprise
Cooperation

Brief summary/ overview

Children will look at the challenges that can come when working towards a dream or goal. They will look at ways to overcome this and to predict what obstacles might arise so they can successfully tackle them.

Children will spend time working as a team to develop their skills and reach a shared goal/target.

Resources

Chime bar
Jigsaw charter
Treasure box
Jigsaw resources – scenarios,

Cross curricular links/visits

Spring Term 2 Year 3 PSHE

Healthy Me

Key facts

- I understand how exercise affects the body and know why my heart and lungs are such important organs
- I know that the amount of calories, fat and sugar I put into my body will affect my health
- I can tell you my knowledge and attitude towards drugs
- I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help
- I can identify when something feels safe or unsafe
- I understand how complex my body is and how important it is to take care of it

Prior Knowledge

Children have learnt through previous PSHE lessons as well as Science what is good for the body including healthy foods to eat.

Key Vocabulary

Oxygen
Energy
Calories/
Kilojoules
Heartbeat
Lungs
Heart
Fitness

Safe
Anxious
Scared
Strategy
Advice

Brief summary/ overview

Children will learn about how their body changes when exercising and what they can do to keep themselves healthy. They will also look at how to keep themselves safe and discuss what they consider to be safe and unsafe environments.

Resources

Chime bar
Jigsaw charter
Treasure box
Jigsaw resources – images, scenarios

Cross curricular links/visits

Science – living things
PE

Summer Term 1 Year 3 PSHE

Relationships

Key facts

- I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females
- I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener
- I know and can use some strategies for keeping myself safe online
- I can explain how some of the actions and work of people around the world help and influence my life
- I understand how my needs and rights are shared by children around the world and can identify how our lives may be different
- I know how to express my appreciation to my friends and family

Prior Knowledge

Children have previously look at different relationships and the people they may have relationships with.

Key Vocabulary

Men
Women
Male
Female
Unisex
Role
Job
Responsibilities
Differences
Similarities

Stereotype
Respect
Conflict
Solution
Problem solving
Friendship
Win-win

Brief summary/ overview

Children will learn about different relationships and how they look in different settings. They will compare how their own relationships may be similar or differ with others around the world. Children will also consider the different stereotypes that there are about the roles within a household.

Resources

Chime bar
Jigsaw charter
Treasure box
School rules
Rights and responsibilities of the child

Cross curricular links/visits

Summer Term 2 Year 3 PSHE

Changing Me

Key facts

- Understand that in animals and humans lots of changes happen between conception and growing up and that it is usually the female who has the baby.
- Understand what a baby needs to live and grow.
- Start to recognise stereotypical ideas that may be held about parenting and family roles.
- Identify what to look forward to moving onto a new class.

Prior Knowledge

Children have looked at life cycles in earlier years for both animals and humans.

Key Vocabulary

Changes
Birth
Animals
Babies
Mother
Growing up
Nutrients
Survive

Love
Affection
Care
Looking forward
Excited
Nervous
Anxious

Brief summary/ overview

Children will think about the changes that we all go through as we grow from a baby to an adult. They'll also think about the changes that happen at the end of the year moving into a new class and teacher.

Resources

Chime bar
Jigsaw charter
Treasure box
School rules
Rights and responsibilities of the child

Cross curricular links/visits

Science – life cycles