

Year 3 PSHE Curriculum Requirements -

Focus Area	PSHE Knowledge/Skills Targets	Suggested curriculum links/topic ideas/activities/assessment opportunities/key questions	Suggested Resources	Key vocabulary
Being Me in My world	<ul style="list-style-type: none"> <li>I can recognise positive things about myself and my achievements.</li> <li>I know how to face new challenges positively, make responsible choices and ask for help when needed.</li> <li>I know why rules are needed and how they relate to rights and responsibilities.</li> <li>I know that my actions affect myself and others.</li> <li>I know how to make responsible choices.</li> <li>I try to see things from the point of view of others.</li> </ul>	<p>How do you make someone else feel valued?</p> <p>How does your behaviour bring rewards/consequences?</p> <p>How can you identify when others feel sad/scared/happy?</p>	<p>Jigsaw – Being Me in My World Ages 7-8 Puzzle 1</p>	<p>rewards consequences responsibilities rights co-operation</p>
Celebrating Difference	<ul style="list-style-type: none"> <li>I know that everybody’s family is different and important to them.</li> <li>I know that differences and conflict can sometimes happen between family members.</li> <li>I know what it means to be a witness to bullying.</li> <li>I know that witness can make the situation worse/better by what they do.</li> <li>I know that some words can be used in hurtful ways.</li> <li>I can talk about a time when my words affected someone’s feelings and what the consequences were.</li> </ul>	<p>How can you make someone who is being bullied feel better?</p> <p>What words can be used in hurtful ways to others?</p> <p>When have your words affected someone’s feelings? What were the consequences?</p>	<p>Jigsaw – Celebrating Difference Ages 7-8 Puzzle 2</p>	<p>conflict witness consequences</p>
Dreams and Goals	<ul style="list-style-type: none"> <li>I can talk about a person who has faced challenges and achieved success.</li> <li>I can identify a dream/ambition that is important to me.</li> <li>I know how to face new learning challenges and the best ways for me to achieve them.</li> </ul>	<p>What is your dream/ambition?</p> <p>What is the best way for you to achieve new learning challenges?</p> <p>How can you make steps to overcome obstacles in your learning?</p>	<p>Jigsaw – Dreams &amp; Goals Ages 7-8 Puzzle 3</p>	<p>ambition hinder evaluate achieve attitude obstacles</p>

	<ul style="list-style-type: none"> <li>• I know that I am responsible for my own learning and can use my strengths to achieve.</li> <li>• I know that there might be obstacles to overcome.</li> <li>• I know how to evaluate my own learning and can identify how to do better next time.</li> </ul>	What are the next steps in your learning?		
Healthy Me	<ul style="list-style-type: none"> <li>• I know how exercise affects my body and why my heart and lungs are such important organs.</li> <li>• I know that the amount of calories, fat and sugar I put into my body will affect my health.</li> <li>• I can talk about my knowledge and attitude to drugs.</li> <li>• I know some strategies for keeping myself safe, who to go to for help and how to call emergency services.</li> <li>• I know how to identify when something feels safe or unsafe.</li> <li>• I know how complex my body is and how important it is to take care of it.</li> </ul>	<p>Can you set yourself a fitness challenge?  What foods are healthy?  How do you call the emergency services?  How do you feel when you are anxious?</p>	Jigsaw – Healthy Me Ages 7-8 Puzzle 4	heart lungs organs calories drugs emergency services
Relationships	<ul style="list-style-type: none"> <li>• I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.</li> <li>• I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener.</li> <li>• I know and can use some strategies for keeping myself safe online.</li> <li>• I can explain how some of the actions and work of people around the world help and influence my life.</li> <li>• I know how my needs and rights are shared by children around the world and can identify how our lives may be different.</li> <li>• I know how to express my appreciation to my friends and family.</li> </ul>	<p>What are the skills of being a good friend?  How can you keep safe online?  What rights are shared by all children around the world?</p>	Jigsaw – Relationships Ages 7-8 Puzzle 5	roles expectations friendship rights appreciation

<p>Changing Me</p>	<ul style="list-style-type: none"> <li>• I know that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby.</li> <li>• I understand what a baby needs to live and grow.</li> <li>• I understand how babies grow and develop in the mother's uterus.</li> <li>• I know that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.</li> <li>• I know how boys' and girls' bodies change on the outside during this growing up process.</li> <li>• I know how boys' and girls' bodies change on the inside and can explain why these changes are necessary so they can make babies when they grow up.</li> <li>• I can start to recognise stereotypical ideas about parenting and family roles.</li> </ul>	<p>What do babies need to live and grow?  How do boys' and girls' bodies change on the outside as they grow up?  How do boys' and girls' bodies change on the inside as they grow up?</p>	<p>Jigsaw –  Changing me  Ages 7-8  Puzzle 6</p>	<p>uterus  penis  testicles  vagina  stereotypes</p>
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