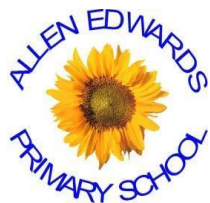


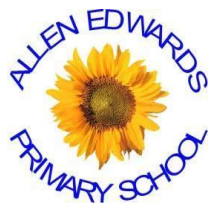
Individually Strong, Collectively Stronger!

PSHE and RSHE			Year 3		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 Being Me in My World:	 Celebrating Differences:	 Healthy Me:	 Dreams and Goals:	 Relationships:	 Changing Me:
1. LI: To recognise my worth, identify positive things about myself and my achievements, and set personal goals. LI: To value myself and know how to make someone else feel welcome and valued. 2. LI: To face new challenges positively, make responsible choices and ask for help when needed. LI: To recognise how it feels to be happy, sad or scared and to identify if other people are feeling these emotions. 3. LI: To understand why rules are needed and how they relate to rights and responsibilities.	1. LI: To understand that everybody's family is different and important to them. LI: To appreciate my own family / the people who care for me. 2. LI: To understand that differences and conflicts sometimes happen among family members. LI: To know how to calm myself down and use the 'Solve it together' technique. 3. LI: To know what it means to be a witness to bullying. LI: To know some ways of helping to make someone who is bullied feel better. 4. LI: To know that witnesses can make the situation better or worse by what they do.	1. LI: To understand how exercise affects my body and know why my heart and lungs are such important organs. LI: To set myself a fitness challenge. 2. LI: To know that the amount of calories, fat and sugar I put into my body will affect my health. LI: To know what it might feel like to make a healthy choice. 3. LI: To be able to share my knowledge and attitude towards drugs. LI: To identify how I feel towards drugs. 4. LI: To identify things, people and places that I need to keep safe from, and can tell you some	1. LI: To be able to discuss and share ideas about a person who has faced difficult challenges and achieved success. 2. LI: To identify a dream/ ambition that is important to me. LI: To imagine how I will feel when I achieve my dream / ambition. 3. LI: To enjoy facing new learning challenges and working out the best ways for me to achieve them. LI: To break down a goal into a number of steps and know how others could help me to achieve it. 4. LI: To show motivation and enthusiasm about	1. LI: To identify the roles and responsibilities of each member of my family and to reflect on the expectations for males and females. LI: To describe how taking some responsibility in my family makes me feel. 2. LI: To identify and put into practise some of the skills of friendship. LI: To know how to negotiate in conflict situations to find a win-win solution. 3. LI: To know and use some strategies to keep myself safe online. LI: To know who to ask for help if I am worried about something online.	1. LI: To understand that in animals and humans' lots of changes happen from birth to fully grown, and that in mammals it is usually the female who has the baby. LI: To express how I feel when I see babies or baby animals. 2. LI: To identify how boys' and girls' bodies change on the <u>outside</u> during the growing up process and why these changes are necessary so that their bodies could make babies when they grow up. LI: To recognise how I feel about these changes and know how to cope with these feelings. 3. LI: To identify how boys' and girls' bodies change on the <u>inside</u>



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4. LI: To understand my actions affect myself and others and care about other people's feelings. LI: To understand that my behaviour brings rewards / consequences. 5. LI: To make responsible choices and take action. LI: To work cooperatively in a group. 6. LI: To understand my actions affect others and try to see things from their points of view. LI: To reflect on and follow my class charter.	LI: To problem-solve a bullying situation with others. 5. LI: To recognise that some words are used in hurtful ways and reflect on the consequences of this. 6. LI: To tell someone about a time when my words affected someone's feelings and what the consequences were. LI: To give and receive compliments and know how this feels.	strategies for keeping myself safe including who to go to for help. LI: To express how being anxious or scared feels. 5. LI: To identify when something feels safe or unsafe. LI: To take responsibility for keeping myself and others safe. 6. LI: To understand and appreciate how complex my body is and how important it is to take care of it.	achieving new challenges. LI: To know that I am responsible for my own learning and to be able to use my strengths as a learner to achieve a challenge. 5. LI: To recognise obstacles which might hinder my achievement and can take steps to overcome them. LI: To manage feelings of frustration that may arise when obstacles occur. 6. LI: To evaluate my own learning process and identify how it can be better next time. LI: To feel confident sharing my successes.	4. LI: To understand how people around the world help and influence my life and that media doesn't always show complete information. LI: To appreciate different cultures and question stereotypes I might see in photos or information. 5. LI: To understand how my needs and rights are shared by children around the world and that everyone experiences difficult feelings sometimes. 6. LI: To know how to express my appreciation to my family and friends.	during the growing up process and why these changes are necessary so that their bodies could make babies when they grow up. LI: To recognise how I feel about these changes and know how to cope with these feelings. 4. LI: To understand that once puberty has begun, it is important to think more about keeping clean and healthy, and to know some simple ways of keeping clean and healthy. 5. LI: To start to recognise and reflect on stereotypical ideas I might have about parenting and family roles. 6. LI: To identify what I am looking forward to in Year 4 and what I would like to change.
Whole school event links:					
Introductory Rights Respecting Schools afternoon LI: To explore children's rights and how we can support children whose rights are not respected	Anti-Bullying Week LI: To explore what bullying is, its effects and strategies to support myself and others.	Children's Mental Health Week LI: To explore the links between physical and mental health and strategies that can support my wellbeing	Red Nose Day LI: To explore the consequences of poverty around the world and how charity and fundraising can help	Culture Day LI: To celebrate the diverse range of cultures that make up our school community	Refugee Week LI: To explore the changes that refugees go through and how we can support and welcome them



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	OutRight Campaign on World Children's Day LI: To explore how I can use my voice to create change		Aspirations Week LI: To talk with a range of adults about their jobs and reflect on my own aspirations for the future		
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