





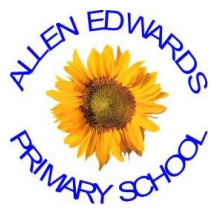


PSHE and RSHE			Year 3		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 <p><b>Being Me in My World:</b></p>	 <p><b>Celebrating Differences:</b></p>	 <p><b>Dreams and Goals:</b></p>	 <p><b>Healthy Me:</b></p>	 <p><b>Relationships:</b></p>	 <p><b>Changing Me:</b></p>
<p>LI: To recognise my worth and identify positive things about myself and my achievements.</p> <p>LI: To face new challenges positively, make responsible choices and ask for help when needed.</p> <p>LI: To understand why rules are needed and how they relate to rights and responsibilities.</p> <p>LI: To understand my actions affect myself and others and care about other people's feelings.</p> <p>LI: To make responsible choices and take action.</p> <p>LI: To understand my actions affect others and try to see things from their points of view.</p>	<p>LI: To understand that everybody's family is different and important to them.</p> <p>LI: To understand the differences and conflicts sometimes happen among family members.</p> <p>LI: To know what it means to be a witness to bullying.</p> <p>LI: To know that witnesses can make the situation better or worse by what they do.</p> <p>LI: To recognise that some words are used in hurtful ways.</p> <p>LI: To tell someone about a time when my words affected someone's feelings and what the consequences were.</p>	<p>LI: To be able to discuss and share ideas about a person who has faced difficult challenges and achieved success.</p> <p>LI: To identify a dream/ambition that is important to me.</p> <p>LI: To enjoy facing new learning challenges and working out the best ways for me to achieve them.</p> <p>LI: To show motivation and enthusiasm about achieving new challenge.</p> <p>LI: To recognise obstacles which might hinder my achievement and can take steps to overcome them.</p> <p>LI: To evaluate my own learning process and identify how it can be better next time.</p>	<p>LI: To understand how exercise affects my body and know why my heart and lungs are such important organs.</p> <p>LI: To know that the amount of calories, fat and sugar I put into my body will affect my health.</p> <p>LI: To understand what happens to my body when I eat unhealthily (not Jigsaw-based lesson).</p> <p>LI: To understand how to keep yourself healthy in the sun (not Jigsaw-based lesson).</p> <p>LI: To be able to share my knowledge and attitude towards drugs.</p> <p>LI: To identify how you feel towards drugs.</p> <p>LI: To identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including whom to go to for help</p>	<p>LI: To know family roles and responsibilities of each member of my family and can reflect on the expectations for males and females.</p> <p>LI: To understand how people in your family support each other (not Jigsaw-based lesson).</p> <p>LI: To understand what marriage is and why people get married (not Jigsaw-based lesson).</p> <p>LI: To identify and put into practise some of the skills of friendship.</p> <p>LI: To know how to negotiate in conflict situations to find a win-win solution.</p> <p>LI: To know and use some strategies to keep myself safe online.</p> <p>LI: To know who to ask for help if I am worried about something online.</p> <p>LI: To explain how some of the actions and work of people around the</p>	<p>LI: To understand that in animals and humans' lots of changes happen between conception and growing up and it is usually the female who has the baby.</p> <p>LI: To understand how babies grow and develop in the mother's uterus. To understand what a baby needs to live and grow.</p> <p>LI: To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.</p> <p>LI: To identify how boys' and girls' bodies change on the outside during the growing up process.</p> <p>LI: To identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p>



## Individually Strong, Collectively Stronger!

			<p>and how to call emergency services.</p> <p>LI: To express how being anxious or scared feels.</p> <p>LI: To identify when something feels safe or unsafe.</p> <p>LI: To take responsibility for keeping myself and others safe.</p> <p>LI: To understand how complex my body is and how important it is to take care of it.</p>	<p>world help and influence my life.</p> <p>LI: To know how to express my appreciation to my family and friends.</p>	
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