

# PSHE Curriculum Overview 2021-2022

Year 3



I - Being Me in My World	Piece	PSHE learning intention	Social and emotional development learning intention
Help others to feel welcome	1. Getting to Know Each Other	<p>I recognise my worth and can identify positive things about myself and my achievements.</p> <p>I can set personal goals</p> <p>I know how to use my Jigsaw Journal</p>	I value myself and know how to make someone else feel welcome and valued
Try to make our school community a better place	2. Our Nightmare School	I can face new challenges positively, make responsible choices and ask for help when I need it	I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions
Think about everyone's right to learn	3. Our Dream School	I understand why rules are needed and how they relate to rights and responsibilities	I know how to make others feel valued
Care about other people's feelings	4. Rewards and Consequences	I understand that my actions affect myself and others and I care about other people's feelings	I understand that my behaviour brings rewards/consequences
Work well with others	5. Our Learning Charter	I can make responsible choices and take action	I can work cooperatively in a group
Choose to follow the Learning Charter	6. Owing our Learning Charter	I understand my actions affect others and try to see things from their points of view	I am choosing to follow the Learning Charter

2 – Celebrating Difference	Piece	PSHE learning intention	Social and emotional development learning intention
Accept that everyone is different	1. Families	I understand that everybody's family is different and important to them	I appreciate my family/the people who care for me
Include others when working and playing	2. Family conflict	I understand that differences and conflicts sometimes happen among family members	I know how to calm myself down and can use the 'Solve it together' technique
Know how to help if someone is being bullied	3. Witness and feelings	I know what it means to be a witness to bullying	I know some ways of helping to make someone who is bullied feel better
Try to solve problems	4. Witness and solutions	I know that witnesses can make the situation better or worse by what they do	I can problem-solve a bullying situation with others
Try to use kind words	5. Words that harm	I recognise that some words are used in hurtful ways	I try hard not to use hurtful words (e.g. gay, fat)
Know how to give and receive compliments	6. Celebrating difference: compliments  Puzzle Outcome: Kites	I can tell you about a time when my words affected someone's feelings and what the consequences were	I can give and receive compliments and know how this feels

3 – Dreams & Goals	Piece	PSHE learning intention	Social and emotional development learning intention
Stay motivated when doing something challenging	1. Dreams and Goals	I can tell you about a person who has faced difficult challenges and achieved success	I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)
Keep trying even when it is difficult	2. My Dreams and Ambitions	I can identify a dream/ambition that is important to me	I can imagine how I will feel when I achieve my dream/ambition
Work well with a partner or in a group	3. A New Challenge Puzzle Outcome: Garden design/decoration	I enjoy facing new learning challenges and working out the best ways for me to achieve them	I can break down a goal into a number of steps and know how others could help me to achieve it
Have a positive attitude	4. Our New Challenge Puzzle Outcome: Garden design/decoration	I am motivated and enthusiastic about achieving our new challenge	I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge
Help others to achieve their goals	5. Our New Challenge - Overcoming Obstacles Puzzle Outcome: Garden design/decoration	I can recognise obstacles which might hinder my achievement and can take steps to overcome them	I can manage the feelings of frustration that may arise when obstacles occur
Are working hard to achieve their own dreams and goals	6. Celebrating My Learning	I can evaluate my own learning process and identify how it can be better next time	I am confident in sharing my success with others and can store my feelings in my internal treasure chest

4 – Healthy Me	Piece	PSHE learning intention	Social and emotional development learning intention
Have made a healthy choice	1. Being Fit and Healthy	I understand how exercise affects my body and know why my heart and lungs are such important organs	I can set myself a fitness challenge
Have eaten a healthy, balanced diet	2. Being Fit and Healthy	I know that the amount of calories, fat and sugar I put into my body will affect my health	I know what it feels like to make a healthy choice
Have been physically active	3. What Do I Know About Drugs?	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs
Have tried to keep themselves and others safe	4. Being Safe  Puzzle outcome: Keeping safe	identify things, people and places that I need to keep safe from  know some strategies for keeping myself safe, who to go to for help and how to call emergency services	I can express how being anxious or scared feels
Know how to be a good friend and enjoy healthy friendships	5. Safe or Unsafe	I can identify when something feels safe or unsafe	I can take responsibility for keeping myself and others safe
Know how to keep calm and deal with difficult situations	6. My Amazing Body	I understand how complex my body is and how important it is to take care of it	I respect my body and appreciate what it does for me

5 - Relationships	Piece	PSHE learning intention	Social and emotional development learning intention
Know how to make friends	1. Family Roles and Responsibilities	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 describe how taking some responsibility in my family makes me feel
Try to solve friendship problems when they occur	2. Friendship	I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener	I know how to negotiate in conflict situations to try to find a win-win solution
Help others to feel part of a group	3. Keeping Myself Safe Online	I know and can use some strategies for keeping myself safe online	I know who to ask for help if I am worried or concerned about anything online
Show respect in how they treat others	4. Being a Global Citizen 1	I can explain how some of the actions and work of people around the world help and influence my life	I can show an awareness of how this could affect my choices
Know how to help themselves and others when they feel upset or hurt	5. Being a Global Citizen 2	I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.	I can empathise with children whose lives are different to mine and appreciate what I may learn from them
Know and show what makes a good relationship	6. Celebrating My Web of Relationships  Puzzle Outcome: Appreciation Streamers	I know how to express my appreciation to my friends and family	I enjoy being part of a family and friendship groups

6 – Changing Me	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. How Babies Grow	I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals
Can express how they feel when change happens	2. Babies	I understand how babies grow and develop in the mother's uterus  I understand what a baby needs to live and grow	I can express how I might feel if I had a new baby in my family
Understand and respect the changes that they see in themselves	3. Outside Body Changes	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies  I can identify how boys' and girls' bodies change on the outside during this growing up process	I recognise how I feel about these changes happening to me and know how to cope with those feelings
Understand and respect the changes that they see in other people	4. Inside Body Changes	I can 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	I recognise how I feel about these changes happening to me and know how to cope with these feelings
Know who to ask for help if they are worried about change	5. Family Stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles	I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
Are looking forward to change	6. Looking Ahead  Puzzle Outcome: Ribbon Mobiles	identify what I am looking forward to when I move to my next class	start to think about changes I will make next year and know how to go about this