

Year 3 PSHE Coverage

'As citizens, we recognise and understand our own and other's needs so we can make informed choices about our wellbeing.'						
Jigsaw Scheme Units	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Guidance	<p>The Relationship Education , Relationships and Sex Education and Health Education Statutory Guidance says that 'Schools are free to determine how to deliver the content set out in this guidance, in the context of a broad and balanced curriculum.'</p> <p>The Personal, Social, Health and Economic Education Guidance Feb 2020 says that, 'To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription.'</p>					
Subject Focus	<p>All of the learning is focused around setting personal goals and self-identity and worth.</p> <p>Looking or positivity in challenges.</p> <p>Rules, rights and responsibilities are examined as are Rewards and consequences for making responsible choices.</p> <p>Seeing things from others'</p>	<p>This unit looks at families and their differences.</p> <p>Family conflict and how to manage it (child-centred).</p> <p>Witnessing bullying and how to solve it and recognising how words can be hurtful .</p> <p>Giving and receiving compliments and how this feels is promoted.</p>	<p>This helps children to overcome difficult challenges and how to achieve success.</p> <p>Looking at dreams and ambitions with new challenges, motivation and enthusiasm.</p> <p>Recognising and trying to overcome obstacles as well as evaluating learning processes.</p> <p>Managing feelings and simple budgeting are addressed.</p>	<p>The focus is to teach children how to exercise using fitness challenges.</p> <p>Food labelling and healthy swaps are taught and attitudes towards drugs.</p> <p>The importance of keeping safe and why it's important online and off line using different scenarios is explored.</p> <p>Respect for people and themselves is looked at.</p>	<p>This unit examines family roles and responsibilities, friendship and negotiation.</p> <p>Keeping safe online and who to go to for help is explained.</p> <p>Being a global citizen and Being aware of how choices affect others and that other children have different lives</p> <p>Expressing appreciation for</p>	<p>The changing me unit explains how babies grow.</p> <p>Showing an understanding of a baby's needs</p> <p>Body changes are discussed.</p> <p>Family stereotypes are explored and Children are prepared for transition.</p>

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	perspectives is a key learning point.				their family and friends.	
Fab Five	<ol style="list-style-type: none"> 1. I know how my behaviour affects others. 2. I know why we need rules. 3. I feel valued. 4. I know how words can hurt others. 5. I can ask for help to solve conflict. 		<ol style="list-style-type: none"> 1. I can explain my different learning styles. 2. I am confident when i share successes. 3. I know what my inner treasure chest is. 4. I know who will help me if I feel unsafe. 5. I can explain how being scared feels. 		<ol style="list-style-type: none"> 1. I know how people influence me. 2. I explain how my choices affect others even people I don't know. 3. I can explain how our bodies change ready for making babies. 4. I can suggest how i feel about these changes. 5. I can suggest ideas as to how I can cope with these feelings. 	
Unit specific vocabulary	Welcome Valued Achievements Proud Pleased Personal goal Praise Acknowledge Affirm Emotions Feelings Nightmare Fears Worries Solutions Support Rights Responsibilities Learning Charter Nightmare Dream Behaviour Rewards Consequences Actions Feelings Fairness Choices	Family Loving Caring Safe Connected Difference Special Conflict Solve it together Solutions Resolve Witness Bystander Bullying Gay Unkind Feelings Tell Consequences Hurtful Compliment Special Unique Difference Similarity	Perseverance Challenges Success Obstacles Dreams Goals Ambitions Future Aspirations Garden Decoration Dream Goal Team work Enterprise Design Cooperation Challenge Product Team work Cooperation Strengths Motivated Enthusiastic Excited Efficient Responsible Obstacles Frustration 'Solve it together' technique Solution Team work	Oxygen Energy Calories/ Kilojoules Heartbeat Lungs Heart Fitness Energy Labels Sugar Fat Saturated Fat Healthy Drugs Attitude Safe Anxious Scared Strategy Advice Harmful Risk Feelings Complex Appreciate Body Healthy Safe Choice Risk	Men Women Male Female Unisex Role Job Responsibilities Differences Similarities Respect Stereotype Conflict Solution Problem solving Friendship Win-win Safe Unsafe Risky Internet Social media Private Messaging (PM) Gaming Global Communications Transport Interconnected	Changes Birth Animals Babies Mother Growing up Baby Grow Uterus Womb Nutrients Survive Love Affection Care Change Puberty Control Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/ Ova Womb/ Uterus Vagina Stereotypes Task Roles Challenge Change Looking forward Excited

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	Learning Charter Challenge Group dynamics Team work Actions View point Ideal school Belong		Review Learning Strengths Success Self-review Celebrate Evaluate		Food journeys Climate Trade Inequality Needs Wants Rights Deprivation United Nations Equality Justice Happiness Celebrating Relationships Friendship Family Thank you Appreciation	Nervous Anxious Happy
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