Y3 PSHE – Being Me in My World

Essential Knowledge

How can I be proud of myself and help others feel proud too?
Everyone is important and has value. Schools have shared values that help people work and learn together. Showing kindness and respect helps others feel valued and included.

How can I face new challenges, recognise my feelings and care about the feelings of others?
People can feel happy, sad, worried or scared. These feelings can be seen in ourselves and in other people. Understanding feelings helps us care for each other.

Why do we need rules and how can they help us respect each other's rights and responsibilities?
Rules help people stay safe and happy. The choices we make have consequences. Good choices can help us and others, while poor choices can cause problems.

How do my actions and choices affect me and other people?
Our actions can affect how other people feel. Kindness, compassion and empathy help us understand and care about the feelings of others.

How can I make responsible choices and take action to work co-operatively in a group?
Everyone has strengths and things they are good at. Working with others can help us recognise these strengths. Knowing our strengths can help us set goals for the future.

How can I see things from other's point of view and understand how they feel? How do I follow the Learning Charter?
People can have different thoughts, ideas and opinions. It is important to listen to others and respect their views, even when they are different from our own.

Key Vocabulary

belong	being accepted and included as an important part of a group or place
valued	feeling important, cared for, and appreciated by the people around you
emotion	a strong feeling inside your body or mind
support	to help someone or hold up an idea or rule
fairness	treating everyone with kindness, sharing and following the rules
teamwork	combined effort of people working together towards a goal
affirm	to show strong support for an idea

Aspirational Knowledge

The qualities of healthy friendships that promote happiness and security, such as respect, honesty, trust, loyalty, kindness, shared interests and support. Understanding the difference between being assertive and controlling and between being kind to others and neglecting your own needs.

Y3 PSHE – Being Me in My World

Key Knowledge

How can I be proud of myself?
Everyone is important. Our school has rules and values. Being kind and respectful helps people feel happy, safe and included.

How can I be brave with new things?
People can feel happy, sad, worried or scared. We can see these feelings in ourselves and other people. Knowing about feelings helps us be kind and help each other.

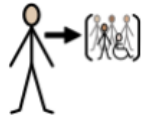
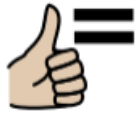
Why do we have rules in school?
Rules help to keep people safe and happy. The choices we make can affect what happens next. Good choices help us and other people.

How do my actions affect me and other people?
Our actions can make other people feel happy or sad. Being kind helps us care about other people's feelings. Understanding how others feel helps us be a good friend.

How can I work with other people in a group?
Everyone has things they are good at. Working with others can help us see our strengths. Our strengths can help us choose goals to work towards.

How can I see things from other people's point of view and understand how they feel?
People can have different ideas and opinions. It is important to listen to others and be respectful, even when they think differently from us.

Key Vocabulary

belong		being accepted and included as an important part of a group or place
valued		feeling important, cared for, and appreciated by the people around you
emotion		a strong feeling inside your body or mind
support		to help someone or hold up an idea or rule
fairness		treating everyone with kindness, sharing and following the rules
teamwork		combined effort of people working together towards a goal

Y3 PSHE – Celebrating Difference

Essential Knowledge

How are families different, and why are the people who care for us special?
All families are different and special. Families are made up of people who love, care for and support one another, helping us feel safe, valued and connected. Trusted family members or carers can provide help and support when it is needed.

How can I manage disagreements in my family and solve problems calmly?
Families sometimes have disagreements. Problems can often be solved by talking and listening. If something feels worrying or unsafe, tell a trusted adult.

What can I do if I see bullying happening, and how can I help someone who is being bullied?
Bullying is never acceptable, and everyone deserves to feel safe and included. If someone sees bullying or hears unkind language, they should tell a trusted adult and show kindness and support to others.

What can I do if I see bullying, and how can I work with others to solve it?
Bullying, unkindness and conflict are not the same. We can help others by being kind, staying calm and telling a trusted adult if needed.

Why is it important to think about the words I use and how they might make others feel?
Words can hurt people's feelings. We should use kind words and treat others with respect. If someone is upset, we can help by being kind or telling a trusted adult.

What impact can my words have on others, and why are kind compliments important?
Kind words and compliments help people feel valued. When problems happen, talking and listening can help make things better.

Key Vocabulary

conflict	a disagreement or argument between people
resolve	to solve a problem or sort something out
hurtful	making someone feel sad or upset
witness	someone who sees something happen
bystander	someone who sees what is happening but is not involved
bullying	repeatedly being unkind or hurtful to someone on purpose
solutions	ideas or actions that help solve a problem

Aspirational Knowledge

Respect, empathy and good communication help people build positive relationships, solve problems and make sure everyone feels valued, supported and included.

Y3 PSHE – Celebrating Difference

Key Knowledge
Who cares for me, and why are they important? Families can be different. Families are people who love, help and care for you. They help you feel safe, and you can ask them for help when you need it.
How can I stay calm and solve a problem? Families sometimes have disagreements. We can solve problems by talking and listening. If you feel worried or unsafe, tell a trusted adult**.**
How can I help someone who is being bullied? Bullying is not okay. Everyone should feel safe and included. If you see bullying or hear unkind words, tell a trusted adult and be kind to others.
How can I help if I see bullying? Bullying, unkindness and conflict are not the same. You can help others by being kind and staying calm. If you need help, tell a trusted adult.
How can I use kind words? Words can hurt our feelings. You should use kind words and be respectful. If someone feels upset, you can be kind to them or tell a trusted adult.
How do my words make others feel? Kind words and compliments make people feel happy and valued. Talking and listening can help solve problems and make things better.

Key Vocabulary		
conflict		a disagreement or argument between people
safe		to feel cared for and protected from harm, danger or worry
feelings		emotions we have (happy, sad, worried, excited or angry)
witness		someone who sees something happen
bullying		repeatedly being unkind or hurtful to someone on purpose
solutions		ideas or actions that help solve a problem

Y3 PSHE – Dreams and Goals

Essential Knowledge

What can we learn from people who face obstacles and still achieve success?
People can face different challenges and still achieve success. Being brave, trying your best and getting support can help you reach your goals.

What is my dream or ambition, and how will I feel when I achieve it?
Everyone has dreams and goals. Working hard and believing in yourself can help you achieve them.

How can I break a goal into smaller steps and use challenges to help me learn and succeed?
Being outdoors can help us feel calm, safe and healthy. Working with others and taking small steps can help us achieve our goals.

How can I stay motivated and use my learning strengths to succeed in a new challenge?
Making safe and healthy choices helps us grow, learn and stay well. Making healthy choices can support our wellbeing. We are responsible for our choices and can use our strengths to help ourselves and others.

How can I overcome obstacles and manage my feelings when things get difficult?
Working together helps us solve problems and overcome obstacles. Safe choices, including staying safe around water, help keep everyone healthy and protected. Different people in a community can support one another to achieve their goals and wellbeing.

How can I reflect on my learning, celebrate my success and improve next time?
Reviewing our learning helps us see what we did well and what we can improve next time. Thinking about our strengths and successes helps us feel proud and confident.

Key Vocabulary

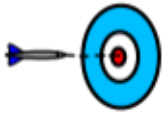
challenges	things that are difficult and need effort to do
obstacles	problems or things that get in the way
success	achieving a goal or doing something well
aspiration	a dream or hope for the future
frustration	the feeling you get when something is difficult or not going the way you want
evaluate	to think about how well something went and what could be improved
enterprise	using creativity, teamwork and problem-solving to make ideas happen

Aspirational Knowledge

Setting goals, overcoming challenges and learning from mistakes can help us grow and succeed. By using our strengths, making positive choices, working with others and believing in ourselves, we can achieve our dreams and become more confident learners.

Y3 PSHE – Dreams and Goals

Key Knowledge
How can people achieve their goals when things are difficult? People can have challenges and still be successful. Being brave, trying your best and getting help can help you reach your goals.
What is my dream or goal? Everyone has dreams and goals. If you work hard and believe in yourself, you can achieve them.
How can I reach my goal step by step? Being outdoors can help us feel calm, safe and healthy. Working with others and taking small steps can help us reach our goal.
How can I do my best and achieve a challenge? Making safe and healthy choices helps us grow, learn and stay healthy. Healthy choices can help us feel good and stay well. We can make good choices and use our strengths to help ourselves and others
What can I do when something is stopping me from reaching my goal? Working together can help us solve problems. Making safe choices, including staying safe near water, helps keep us safe. People in a community can help each other reach their goals
What did I do well and what can I do better next time? Reviewing our learning helps us see what we did well and what we can do better next time. Thinking about our strengths and successes helps us feel proud and confident

Key Vocabulary		
challenges		things that are difficult and need effort to do
problem		the things that need solving so you can be successful
success		achieving a goal or doing something well
goal		a dream or hope for the future
frustration		the feeling you get when something is difficult or not going the way you want
healthy		choices that help you to feel good

Y3 PSHE – Healthy Me

Essential Knowledge

How does exercise help my body and can I set myself a fitness challenge?
Exercise helps the heart and lungs work more effectively and keeps the body healthy. A healthy body stays in balance when energy from food and drink is matched with physical activity. Children should be active for at least one hour each day.

Why is it important to make healthy food choices?
Healthy food gives us energy and helps us grow strong. Eating well and staying active keeps our bodies healthy. Food labels help us make healthier choices.

Why is it important to learn about drugs and how do I feel about them?
Drugs can affect the body in different ways, and some drugs, such as medicines, can help people when they are used correctly. If children find an unknown substance, they must not touch it and must tell a trusted adult to help keep them safe.

What can I do to stay safe in different situations and how do I know when to ask for help?
We can stay safe by recognising when something feels dangerous and telling a trusted adult. In an emergency, we can use the Safety STAR to stay calm and know when to call 999 for help.

How do I make safe choices to protect myself and the people around me?
The Safety STAR helps us make safe choices by stopping, thinking, assessing risks and reacting safely. Water can be dangerous even when it looks safe, so children should stay with an adult, keep away from the edge and call 999 in an emergency.

How does my amazing body work and how can I take care of it?
Our bodies are complex and need healthy choices to help them work properly. We can take care of our bodies by staying safe, keeping healthy and making good decisions.

Key Vocabulary

healthy	when your body and mind are well and working properly
energy	the strength your body gets from food to move, play and learn
fitness	how strong and healthy your body is
risk	something that could cause harm or danger
emergency	a serious situation where help is needed straight away
responsible	being trusted to do the right thing and make good choices
strategy	a plan to help you solve a problem or stay safe

Aspirational Knowledge

Exercise, a balanced diet and healthy choices help the body stay healthy. Medicines can help people, while unknown substances can be harmful. Safety rules help people recognise risks and stay safe in emergencies.

Y3 PSHE – Healthy Me

Key Knowledge

How does exercise help my body?
Exercise keeps the heart and lungs healthy. A healthy body balances food, drink and physical activity. Children should be active for at least one hour a day.

What foods help keep me healthy?
Exercise helps our bodies stay healthy. Food gives us energy to move, play and learn. Being active every day helps us grow strong and fit.

What do I know about drugs?
Some drugs, like medicines, can help us when a trusted adult gives them to us. If we find something we do not know, we must not touch it and must tell a trusted adult.

How can I stay safe and get help when I need it?
If something feels unsafe, we should tell a trusted adult. In an emergency, we can call 999 to get help.

How do I know if something is safe or unsafe?
We can use the Safety STAR to help us make safe choices. Water can be dangerous, so we should stay with an adult and get help in an emergency.

How can I look after my body?
Our bodies are amazing and need looking after. We can help our bodies by making healthy and safe choices.

Key Vocabulary

healthy		feeling well and looking after your body
safe		protected from harm or danger
body		all the parts that make you, including your arms, legs and head
energy		what helps you move, play and learn
feel		how you feel inside, such as happy, sad or worried
scared		feeling worried because something feels unsafe or strange
ambulance		a vehicle that helps people who are hurt or very ill

Y3 PSHE – Relationships

Essential Knowledge

What jobs do my family members do and how do I feel when I help at home?
Families are important and provide care, support and belonging. Different family members have different roles and responsibilities and families can look different from one another.

How can we be good friends and solve problems together?
Friendships grow through important skills such as taking turns and listening to others. Friendships can have happy times and challenges – these can be worked through in positive ways.

How do people around the world affect my life and can the internet always be trusted?
Staying safe online includes understanding age limits, protecting personal information, respecting privacy and setting boundaries when using digital technology.

How are we connected to people in our global community?
People around the world help shape our lives through the work they do and the choices they make. Children's lives can be different across the world, and their experiences may not be the same as our own.

What are children's needs and rights, and how can I get help?
All children have rights, including the right to be treated with respect, to have their feelings valued and to be supported in keeping themselves physically and emotionally healthy. Understanding and managing feelings can help promote wellbeing.

How can I show I appreciate my friends and family?
Communication, good manners and respect help people build positive relationships. Gender stereotypes can be unfair. People should not be limited by assumptions about what boys, girls, men or women can do.

Key Vocabulary

unisex	suitable for any gender and a role that can be done by either male or female people
role	a job or unpaid job that makes people act a certain way
stereotype	when someone is told they should be a certain way
respect	knowing that everyone is different and allowing that
conflict	when you get upset about disagreeing with someone
solution	a way of solving a problem
win-win	when both people are happy with the solution
friendship	people who can get along together and support each other with problems

Aspirational Knowledge

Families, friendships and communities help people feel valued, supported and connected. Rights help to protect wellbeing, stereotypes can influence the way people are treated, and the choices people make can affect others both locally and around the world. Online privacy and personal boundaries play an important role in staying safe and respectful.

Y3 PSHE – Relationships

Key Knowledge

Who does jobs at home and how do I feel when I help?
Families are important. They care for and help each other. People in a family may have different jobs to do and every family can look different.

How can we be kind and share with friends?
Good friendships need skills like taking turns and listening. Friends can have fun together, but they can also have problems. Problems can be solved by talking kindly and helping each other.

How do people around the world help us, and are pictures always true?
Staying safe online means keeping your information private and only sharing things that are safe. There are rules for some games and apps to help keep children safe.

How are we connected to people around the world?
People around the world do jobs that help us every day. Children in different countries may live, learn and play in different ways from us.

What are my needs and rights, and who can help?
All children have rights. Everyone should be treated kindly and with respect. Talking about feelings and asking for help can help us stay healthy, happy and safe.

How can I say thank you to my friends and family?
Talking kindly, using good manners and showing respect help people be good friends. Boys and girls can enjoy the same things and do the same jobs. Everyone should be treated fairly.

Key Vocabulary

	**male**	a boy, man or male animal
	**female**	a girl, woman or female animal that can give birth to young or produce eggs
	**unisex**	suitable for any gender, for use by either male or female people
	**role**	a job or unpaid job that makes people act a certain way
	**stereotype**	when someone is told they should be a certain way
	**respect**	knowing that everyone is different and allowing that

Y3 PSHE – Changing Me

Essential Knowledge

How do animals and humans change as they grow and how do babies make us feel?
Babies need care, food, love, and protection to grow and develop. Parents and carers help babies stay healthy and learn new skills. In most animals, the mother carries the baby before it is born.

How do our bodies change as we grow up?
As children grow, the bodies of males and females change in different ways. Puberty is a natural part of growing up that prepares the body for adulthood and, later in life, the ability to have a baby.

How can we feel good about the changes that happen as we grow up?
Inside the bodies of males and females are parts that help create babies when they are adults. Females have eggs in their ovaries, and males produce sperm. People may have different feelings about the changes that happen as they grow. It is important to talk about these feelings.

Why is it important to keep our bodies clean as we grow?
Good hygiene habits, such as washing hands and brushing teeth, help keep us healthy. These routines can prevent illness, stop germs from spreading, and help protect our teeth from decay.

How do my family members support and care for me and how do I feel?
Trusted adults, such as parents, carers, teachers and family members, help to keep children safe, healthy and cared for. Different people can provide support, help and protection as children grow.

How can I feel ready for moving to my next class?
Changes can happen at school and at home as children grow. People may have different feelings about these changes – these can change over time.

Key Vocabulary

male	a boy, man or male animal
female	a girl, woman or female animal that can give birth to young or produce eggs
puberty	a series of changes which affect people's brains and bodies as they grow older
personal hygiene	the way we care for our bodies
stereotype	when someone is told they should be a certain way
genitals	parts of the body covered by underwear that are different for male and female
pubic hair	hair that grows on the body at puberty
ovaries	part of the female body where the eggs are

Aspirational Knowledge

Growing up brings physical, emotional, and social changes. People can have different feelings about puberty and growing up, and it is important to know where to go for support if they have worries or questions. As children get older, they take on more responsibility for looking after their own personal hygiene.

Y3 PSHE – Changing Me

Key Knowledge

How do animals and humans change as they grow?
Babies need food, love and care to grow. Parents and carers help babies stay safe and healthy. In most animals, the mother carries the baby before it is born.

How do our bodies change as we grow up?
As children grow, their bodies change. These changes are called puberty. Puberty is a normal part of growing up.

What changes happen inside our bodies as we grow up?
Females have eggs in their bodies and males make sperm. People can feel different about the changes that happen as they grow up. It is good to talk about these feelings.

Why is it important to keep our bodies clean as we grow?
Washing our hands and brushing our teeth help us stay healthy. These habits help stop germs and keep our teeth strong.

Who does jobs at home to care for me?
Parents, carers, teachers and other adults help to keep children safe and healthy. These trusted adults can help and support children as they grow up.

What will change when I move up to my next class?
Changes can happen at home and at school as we grow up. We may feel different things about these changes and our feelings can change over time.

Key Vocabulary

male		a boy, man or male animal
female		a girl, woman or female animal that can give birth to young or produce eggs
puberty		when your body begins to change as you become a teenager
personal hygiene		the way we care for our bodies
stereotype		when someone is told they should be a certain way
change		growing up involves changes to our lives, bodies and feelings