**Getting to know each other**

Recognise my worth and identify positive things about myself, my achievements and set personal goals.

Know how to make someone else feel valued.

**Our Nightmare School**

Face new challenges positively and make responsible choices and know when to ask for help

Recognise feelings (sad happy, scared)

Know when others are feeling these.

**Being Me In My World**

**Year 3 PSHRE**

**Owning our Learning Charter (LC)**

Understand my actions affect others and try to see things from their point of view

Choose to follow the LC.

Choose to follow the LC.

**Rewards and consequences**

I understand that my actions affect myself and others.

To care about others feelings.

Understand that my behaviour brings rewards/consequences.

**Our Learning Charter (LC)**

Make responsible choices and take action.

Work cooperatively in a group.

**Our Dream School**

Understand why rules are needed and how they relate to rights and responsibilities.

I know how to make others feel valued.

**Witness and Feelings**

Know what it means to be a witness to bullying.

Know ways of helping someone who is bullied to feel better.

**Witness and Solutions**

Know that witnesses can make the situation better or worse by what they do.

Problem solve a bullying situation with others.

**Family Conflict**

Understand differences/conflicts sometimes happen in families.

Know how to calm myself down.

Use the solve it together technique.

**Celebrating difference: Compliments**

Tell you about a time when my words affected someone’s feelings and what the consequences were.

Give and receive compliments and know how this feels.

**Words That Harm**

Recognise some words are used in hurtful ways.

Try hard not to use hurtful words.

**Celebrating difference**

Understand that everybody’s family is different and important.

Appreciate my family/the people who care for me.

**Celebrating Difference**

**Dreams and goals**

I can tell you about a person who has faced challenges and achieved success.

Respect and admire people who overcome obstacles

Dreams

**Dreams and Goals**

**Year 3 PSHRE**

**My dreams and ambitions**

I can identify a dream/ambition that is important to me.

I know how I feel when I achieve my dream/ambition

**Celebrating my learning**

I can evaluate my own learning process.

I can share my success with others

**Our new challenge**

I can recognise obstacles and overcome them.

I can manage feelings of frustration.

**Our new challenge**

I am motivated and enthusiastic about achieving our new challenge.

I am responsible for my own learning and use my strengths as a learner to achieve the challenge.

**A new challenge**

I enjoy facing new challenges.

I can break down a goal into a number of steps and know how others can help me.

**Being Safe**

Identify things people and places that I need to keep safe from.

Know strategies for keeping myself safe, who to go to for help and how to call emergency services.

Express how being anxious or scared feels.

**Medicine safety**

What do I know about drugs.

Tell you my knowledge and attitude towards drugs.

Identify how I feel towards drugs.

**Being fit and healthy (2)**

Know that the amount of calories, fat and sugar that are put into my body will affect my health.

Know what it feels like to make a healthy choice.

**My Amazing Body**

Understand how complex my body is and how to take care of it.

Respect my body and appreciate what it does for me.

**Being fit and healthy**

Understand how exercise affects my body. Know why my heart and lungs are important.

Set myself a fitness challenge

**Safe or Unsafe**

Identify when something feels safe or unsafe.

Take responsibility for keeping myself and others safe.

**Healthy Me**

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**Families Roles and Responsibilities**

Identify roles and responsibilities of each member of my family.

Reflect on expectations for males and females.

Describe how taking responsibility in my family makes me feel.

**Relationships**

**Year 3 PSHRE**

**Being a Global Citizen (1)**

Explain how the actions of work and people around the world influence my life.

Show an awareness of how this could affect my choices.

**Keeping myself safe online**

Know and use strategies for keeping myself safe online.

Know who to ask for help if I’, worried or concerned about anything online.

**Friendship**

Identify and put into place the skills of friendship.

Know how to negotiate in conflict situations and find a ‘win-win’ solution.

**Being a Global Citizen (2)**

Understand how my needs and rights are shared by children around the world. Identify how our lives might be different. Empathise with children whose lives are different and appreciate what I can learn.

**Celebrating my web of relationships**

Express my appreciation to my friends and family.

Enjoy being part of a family and friendship groups.

**Body Changes**

Understand that bodies need to change during the process of growing up.

Recognise how I feel about these changes and how to cope with them.

**Babies**

Understand how babies grow and develop.

Understand what a baby needs to live and grow.

Express how I feel if I might feel if I had a new baby in my family.

**Looking ahead**

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 how I will go about this.

**Family Stereotypes**

Start to recognise stereotypical ideas I might have about parenting and family roles.

Express how I feel when my ideas are challenged and be willing to change my ideas.

**How Babies Grow**

Understand that in animals and humans lots of changes happen between birth and growing up and it is usually the female who has the baby.

Express how I feel when I see babies of baby animals.

**Changing Me**