

## Year Three PSHE End Point

Year group	National Curriculum Objectives					
	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
3	<p>1 I recognise my worth and can identify positive things about myself and my achievements. <b>Welcome</b></p> <p>I can set personal goals <b>Personal Goal</b></p> <p>I know how to use my Jigsaw Journal</p> <p>2 I can face new challenges positively, make responsible choices and ask for help when I need it <b>Solutions, Support, offer</b></p> <p>3 I understand why rules are needed and how they relate to rights and responsibilities <b>Behaviour, Fairness</b></p> <p>4 I understand that my actions affect myself and others and I care about other people's feelings <b>Emotions, Feelings</b></p> <p>5 I can make responsible choices and take action <b>Valued, Achievements, Pleased, Acknowledge</b></p> <p>6 I understand my actions affect others and try to see things from their points of view <b>Group Dynamics, Team Work, View Point, Ideal School, Belong</b></p>	<p>1 I understand that everybody's family is different and important to them <b>Different from, Difference, Similarity, Same as Special, Unique</b></p> <p>2 I understand that differences and conflicts sometimes happen among family members</p> <p>3 I know what it means to be a witness to bullying <b>Bullying, Bullying behaviour, Bully, Bullied</b></p> <p>4 I know that witnesses can make the situation better or worse by what they do <b>Deliberate, On purpose, Unfair</b></p> <p>5 I recognise that some words are used in hurtful ways. <b>Thoughtful, intentional, hurtful</b></p> <p>6 I can tell you about a time when my words affected someone's feelings and what the consequences were. <b>Feelings, consequences, upset</b></p>	<p>1 I can tell you about a person who has faced difficult challenges and achieved success <b>Perseverance, Achievement</b></p> <p>2 I can identify a dream/ambition that is important to me <b>Ambition Dream</b></p> <p>3 I enjoy facing new learning challenges and working out the best ways for me to achieve them <b>Encourage</b></p> <p>4 I can be motivated and enthusiastic about achieving our new challenge <b>Challenge</b></p> <p>5 I can recognise obstacles which might hinder my achievement and take steps to overcome them <b>Goal</b></p> <p>6 I can evaluate my own learning process and identify how it can be better next time <b>Happy, Kind</b></p>	<p>1 I understand how exercise affects my body and know why my heart and lungs are such important organs <b>Healthy, Exercise, heart, lungs</b></p> <p>2 I know that the amount of calories, fat and sugar I put into my body will affect my health. <b>Balanced diet, health, unhealthy, calories</b></p> <p>3 I can tell you my knowledge and attitude towards drugs. <b>Medicine, dangerous, toxic, illegal</b></p> <p>4 I can identify things, people and places that I need to keep safe from</p> <p>I know some strategies for keeping myself safe, who to go to for help and how to call emergency services</p> <p><b>Stranger, Scare, emergency, safety</b></p> <p>5 I can identify when something feels safe or unsafe <b>safe, unsafe</b></p> <p>6 I understand how complex my body is and how important it is to take care of it <b>Head, Shoulders, Knees, Toes, Sleep, Wash, Clean</b></p>	<p>1 I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females. <b>Stereotypes, roles, responsibilities</b></p> <p>2 I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener. <b>Listening strategies, take turns, friendship</b></p> <p>3 I know and can use some strategies for keeping myself safe online. <b>Technology, safe, unsafe, ccpp</b></p> <p>4 I can explain how some of the actions and work of people around the world help and influence my life. <b>Admiration, influence, impact</b></p> <p>5 I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. <b>Global, rights, differences, similarities</b></p> <p>6 I know how to express my appreciation to my friends and family. <b>Appreciate, family, friends</b></p>	<p>1 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 <b>Baby, Grown-up, Adult, Change</b></p> <p>2 I understand how babies grow and develop in the mother's uterus.</p> <p>I understand what a baby needs to live and <b>grow, uterus, mother, grow</b></p> <p>3 I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>I can identify how boys' and girls' bodies change on the outside during this growing up process <b>Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand</b></p> <p>4 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. <b>Develop, change, grow, reproduction</b></p> <p>5 I can start to recognise stereotypical ideas I might have about parenting and family roles. <b>Stereotypes, roles, parents</b></p> <p>6 identify what I am looking forward to when I move to my next class <b>Worry, Excited, Memories</b></p>

By the end of Year Three, children will be able to recognise why rules are needed and how their actions affect others, seeing different points of view. Children will be able to understand the differences in others families and know what it means to witness bullying and what they can do to make it better or worse. They will be able to face new challenges, identify dreams and ambitions and evaluate their learning, recognise the obstacles they may come across and how to overcome them. Children will be able to understand how exercise affects their heart and lungs and will be able to articulate the amount of calories, fat and sugar they are eating. Children will be able to identify when something is safe and how to keep themselves safe. Children will be able to talk about roles and responsibilities for their families and expectations for males and females. Finally, children will begin to understand how babies grow and develop in their mother's uterus and be able to identify how boys and girl's bodies change during the growing process.