

PSHE Curriculum Year Three



Year Three		
Relationships		
What makes a family?	How can we keep ourselves safe?	How can we show respect?
<p>Single parents – one parent looking after children</p> <p>Same-sex parents – parents who are the same sex looking after children</p> <p>Blended families – two separate families come together as one</p> <p>Foster families – another family taking care of children temporarily</p> <p>Adoptive families - another family taking care of children forever</p>	<p>boundaries- what we put in place to show how we expect to be treated</p> <p>supervision-the act of watching a person or activity and making certain that everything is done correctly and safely</p> <p>cyber-bullying – bullying that takes place online</p>	<p>respect- treating someone in a way that makes them feel cared for and important</p> <p>self-respect- feeling good about who you are, your choices and how you make others feel</p> <p>cultures- the ideas and behaviours of particular people</p> <p>courtesy – being polite and showing respect</p>
<ul style="list-style-type: none"> All types of families provide help, stability and love People can care about each other by encouraging those around them and helping them in times of need Sometimes we can feel upset or worried in our families, for example: if someone is poorly, if something happens to my family member or pet We can speak to people in our families when we are feeling sad and worried We can speak to a trusted adult when we are feeling unhappy or unsafe in our families 	<ul style="list-style-type: none"> Do not share personal information online Bullying is hurtful and unacceptable in any situation The effects of bullying on people are making someone feel left out, upset, hurt and wanting to be alone The consequences of bullying are losing friendships, being in trouble, not being a good citizen, feeling sad yourself that you have upset/hurt someone Bullying online is called cyber-bullying I know that if I am being bullied, I can speak to a trusted adult or Childline 	<ul style="list-style-type: none"> Respectful behaviour includes helping or including others, being responsible and being caring and polite (treating someone in a way that makes them feel cared for and important) Self-respect is feeling good about who I am, my choices and how I make others feel I have the right to be treated respectfully by others around me I should treat others as I would like to be treated myself Different cultures have different ways to show respect
Living in the Wider World		
What jobs could we have in the future?	How can we stay safe online?	What are my rights in the community?
<p>Stereotype – belief held by lots of people about a person or a group of people.</p> <p>Job sector – a group of jobs that are linked based on what they do.</p>	<p>Evaluating - to look at the layout, date, author and information to decide whether it is true and accurate.</p> <p>PEGI – age rating on games, films and websites.</p> <p>Reliable – can be trusted</p>	<p>Laws – rules made by the government to keep communities safe</p> <p>Rights – having freedom to make a choice, be looked after and get an education</p> <p>Responsibilities – doing the things you are supposed to do and accepting the results of actions</p>
<ul style="list-style-type: none"> People have jobs from different sectors such as education, business and charity. People can have more than one job at once or over a lifetime. Teamwork and decision-making are skills that are needed for a job. Not all nurses are women. Not all soldiers are men. Your interests and skills now might link to your future job Achievements and qualifications you get might link to your future job 	<ul style="list-style-type: none"> The internet can be used positively for leisure, school and for work Images and information can be altered to make things more interesting and for entertainment. We can recognise whether something online is accurate or true and make safe choices by evaluating and using key words. We can look at the age limit on games and websites to check they are appropriate by looking at the PEGI. We can report something that concerns us online, such as messages or images to a trusted adult or Childline 	<ul style="list-style-type: none"> Rules and laws are in place in society to keep safe, happy and to ensure we are treating people, animals and the environment right. If rules or laws are broken there are consequences (warnings, fines, prison) Everyone has human rights and they are protected by the law. Human rights are important because they make sure that everyone is treated fairly and equally and protect people. Rights of children include the right to life, education, to be safe. For every right, there is a responsibility (right to education, responsibility to learn)
Health and Wellbeing		
How can I keep safe?	How can we make healthy choices?	How can I grow my resilience?
<p>Hazard- something dangerous</p>	<p>Habit- a routine that is repeated regularly without thinking</p> <p>Mental health- how we are feeling and our mood</p> <p>Physical health- how our body is working</p> <p>Grief- a natural response to loss</p>	<p>Resilience- ability to bounce back from difficulties</p> <p>Self-esteem- feeling good and respecting yourself</p> <p>Perseverance- when someone carries on trying to do something, even when it is difficult or takes a long time</p>
<ul style="list-style-type: none"> Rules keep you safe To help keep your house safe you need a smoke alarm I keep myself safe at home by leaving my house if there is a fire You ring 999 on any phone in an emergency You never go on a railway line 	<ul style="list-style-type: none"> A balance of food that is good for you, with some occasional treats, is healthy Eating too much sugar can affect your health Regular exercise keeps your body healthy Regular exercise helps keep your mind healthy Sleep is important for keeping healthy because it helps our brains and bodies rest and recharge Different feelings will make my body feel different Feelings can change overtime When we are feeling low we can ask for help from a trusted adult and friends Grief can cause a wide range of feelings 	<ul style="list-style-type: none"> Everyone is an individual and has unique and valuable contributions to make Strengths and interests form part of a person's identity To recognise common challenges to self-worth e.g. finding school work difficult, friendship issues You manage and reframe setbacks by; asking for help, focusing on what you can learn from a setback, remembering what you are good at, trying again