



EASTRY C OF E PRIMARY SCHOOL KNOWLEDGE ORGANISERS



YEAR GROUP	3
SUBJECT	PSHE
KEY VOCABULARY	<p>Welcome, Valued, Achievements, Proud, Pleased, Personal Goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Fears, Worries, Solutions, Support, Rights, Responsibilities, Learning Charter, Dream, Behaviour, Rewards, Consequences, Actions, Fairness, Choices, Co-Operate, Group Dynamics, Team Work, View Point, Ideal School, Belong.</p> <p>Family, Loving, Caring, Safe, Connected, Difference, Special, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Unkind, Feelings, Tell, Consequences, Hurtful, Compliment, Unique. Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Team work, Enterprise, Design, Cooperation, Product, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Celebrate, Evaluate.</p> <p>Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice.</p> <p>Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy. Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude, Celebrate.</p>



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END POINTS KNOWLEDGE

- Understand that they are important
- Know what a personal goal is
- Understanding what a challenge is
- Know why rules are needed and how these relate to choices and consequences
- Know that actions can affect others' feelings
- Know that others may hold different views
- Know that the school has a shared set of values
- Know why families are important
- Know that everybody's family is different
- Know that sometimes family members don't get along and some reasons for this
- Know that conflict is a normal part of relationships
- Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do
- Know that some words are used in hurtful ways and that this can have consequences
- Know how exercise affects their bodies
- Know why their hearts and lungs are such important organs
- Know that the number of calories, fat and sugar that they put into their bodies will affect their health
- Know that there are different types of drugs
- Know that there are things, places and people that can be dangerous
- Know a range of strategies to keep themselves safe
- Know when something feels safe or unsafe
- Know that their bodies are complex and need taking care of
- Know that different family members carry out different roles or have different responsibilities within the family
- Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc
- Know some of the skills of friendship, e.g. taking turns, being a good listener
- Know some strategies for keeping themselves safe online
- Know how some of the actions and work of people around the world help and influence my life
- Know that they and all children have rights (UNCRC)



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	<ul style="list-style-type: none">• Know the lives of children around the world can be different from their own• Know that in animals and humans lots of changes happen between conception and growing up• Know that in nature it is usually the female that carries the baby• Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops• Know that babies need love and care from their parents/carers• Know some of the changes that happen between being a baby and a child• Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults• Know some of the outside body changes that happen during puberty• Know some of the changes on the inside that happen during puberty
IT HELPS IF I ALREADY KNOW	<p>I know there are stereotypes about boys and girls</p> <p>I know that it is OK not to conform to gender stereotypes</p> <p>I know it is good to be yourself</p> <p>I know that sometimes people get bullied because of difference</p> <p>I know the difference between right and wrong and the role that choice has to play in this</p> <p>I know that friends can be different and still be friends</p> <p>I know where to get help if being bullied</p> <p>I know the difference between a one-off incident and bullying</p> <p>I know how to choose a realistic goal and think about how to achieve it</p> <p>I know that it is important to persevere</p> <p>I know how to recognise what working together well looks like</p> <p>I know what good group working looks like</p> <p>I know how to share success with other people</p> <p>I know what their body needs to stay healthy</p> <p>I know what relaxed means</p> <p>I know how medicines work in their bodies</p> <p>I know that it is important to use medicines safely • Know how to make some healthy snacks & why they</p> <p>I know which foods given their bodies energy</p>



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