

Year 3 - Progression of Knowledge and Skills PSHE

Term	Knowledge	Skills
<p style="text-align: center;">Autumn 1 Topic: Me and My Relationships</p>	<ul style="list-style-type: none"> • why rules are different for different age groups. • how to maintain a relationship with special people. • What are the main qualities of a positive friendship • what a dare is. 	<ul style="list-style-type: none"> • explain why we have rules. • identify people who I have a special relationship with. • demonstrate simple strategies for resolving conflict. • suggest reasons why friends sometimes fall out. • talk about what makes a good friend. • express opinions and listen to those of others.
<p style="text-align: center;">Autumn 2 Topic: Valuing Difference</p>	<ul style="list-style-type: none"> • what is meant by adoption, fostering and same-sex relationships. • the term 'community'. • similarities and differences between people from a diverse range of backgrounds. • what bullying is. • what tolerance and respect is. 	<ul style="list-style-type: none"> • give examples of respectful language. • Recognise that there are different types of families. • talk about my community. • discuss that people in my community have different origins. • know how to get help if someone is being bullied. • talk about examples of respect and tolerance in the classroom.

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<p style="text-align: center;">Spring 1 Topic: Keeping Safe</p>	<ul style="list-style-type: none"> • which situations are safe and unsafe. • the meaning of the words danger and risk. • how to stay safe online. • that nicotine and alcohol are both drugs. 	<ul style="list-style-type: none"> • talk about who can help if I feel unsafe. • talk about potential risks associated with being online. • identify some key risks from and effects of cigarettes and alcohol. • talk about how medicines can be both helpful and harmful.
<p style="text-align: center;">Spring 2 Topic: Rights and Respect</p>	<ul style="list-style-type: none"> • the difference between fact and opinion. • what a volunteer is. • the terms income, saving and spending. • what is meant by the environment. 	<ul style="list-style-type: none"> • identify key people who help me stay safe and healthy. • share my opinions on different issues. • talk about reasons why people might volunteer. • discuss times we need to spend and times we need to save. • discuss ways we can look after the environment.
<p style="text-align: center;">Summer 1 Topic: Being my Best</p>	<ul style="list-style-type: none"> • how each of the food groups on the Eatwell Guide (formerly Eatwell Plate) benefits the body. • what is meant by the term 'balanced diet' • how some infectious illnesses are spread from one person to another. 	<ul style="list-style-type: none"> • give examples of what foods make up a healthy, balanced meal. • talk about ways we can reduce the spread of infections. • describe how food, water and air get into the body and blood.

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	<ul style="list-style-type: none"> • the names of some of the major internal body organs. • the meaning of health and wellbeing, giving examples. • that people have different talents. 	<ul style="list-style-type: none"> • develop skills in debating an issue. • recognise my own talents and those of my friends
<p style="text-align: center;">Summer 2 Topic: Growing and Changing</p>	<ul style="list-style-type: none"> • the different types of relationships. • what is meant by the term personal space. • when it is and is not appropriate to share personal information. • the difference between secret and surprise. 	<ul style="list-style-type: none"> • discuss who I have positive, healthy relationships with. • discuss how my body feels for different emotions. • discuss whether a secret is safe or unsafe. • identify who I can talk to if I feel unsafe or uncomfortable.