

Y3 PSHE Learning outcomes –includes RSE

Learning Outcomes

Me and My Relationships – Autumn Term

Children will be able to:

- Explain why we have rules;
- Explore why rules are different for different age groups, in particular for internet-based activities;
- Suggest appropriate rules for a range of settings;
- Consider the possible consequences of breaking the rules.

Children will be able to:

- Explain some of the feelings someone might have when they lose something important to them;
- Understand that these feelings are normal and a way of dealing with the situation.

Children will be able to:

- Define and demonstrate cooperation and collaboration;
- Identify the different skills that people can bring to a group task;
- Demonstrate how working together in a collaborative manner can help everyone to achieve success.

Children will be able to:

- Identify people who they have a special relationship with;
- Suggest strategies for maintaining a positive relationship with their special people.

Children will be able to:

- Rehearse and demonstrate simple strategies for resolving given conflict situations.

Children will be able to:

- Explain what a dare is;
- Understand that no-one has the right to force them to do a dare;
- Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare.

Children will be able to:

- Express opinions and listen to those of others;

Learning Outcomes

- Consider others' points of view;
 - Practise explaining the thinking behind their ideas and opinions.
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Children will be able to:

- Identify qualities of friendship;
- Suggest reasons why friends sometimes fall out;
- Rehearse and use, now or in the future, skills for making up again.

Valuing Difference –Autumn Term

Children will be able to:

- Recognise that there are many different types of family;
 - Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.'
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Children will be able to:

- Define the term 'community';
 - Identify the different communities that they belong to;
 - Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing.
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Children will be able to:

- Reflect on listening skills;
 - Give examples of respectful language;
 - Give examples of how to challenge another's viewpoint, respectfully.
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Children will be able to:

- Explain that people living in the UK have different origins;
 - Identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds;
 - Identify some of the qualities that people from a diverse range of backgrounds need in order to get on together.
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Children will be able to:

- Recognise the factors that make people similar to and different from each other;
- Recognise that repeated name calling is a form of bullying;
- Suggest strategies for dealing with name calling (including talking to a trusted adult).

Learning Outcomes

Children will be able to:

- Understand and explain some of the reasons why different people are bullied;
- Explore why people have prejudiced views and understand what this is.

Keeping Myself Safe – Spring Term

Children will be able to:

- Identify situations which are safe or unsafe;
- Identify people who can help if a situation is unsafe;
- Suggest strategies for keeping safe.

Children will be able to:

- Define the words danger and risk and explain the difference between the two;
- Demonstrate strategies for dealing with a risky situation.

Children will be able to:

- Identify some key risks from and effects of cigarettes and alcohol;
- Know that most people choose not to smoke cigarettes; (Social Norms message)
- Define the word 'drug' and understand that nicotine and alcohol are both drugs.

Children will be able to:

- Identify risk factors in given situations;
- Suggest ways of reducing or managing those risks.

Children will be able to:

- Evaluate the validity of statements relating to online safety;
- Recognise potential risks associated with browsing online;
- Give examples of strategies for safe browsing online.

Children will be able to:

- Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens;
- Recognise and describe appropriate behaviour online as well as offline;
- Identify what constitutes personal information and when it is not appropriate or safe to share this;

Learning Outcomes

- Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.
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Children will be able to:

- Demonstrate strategies for assessing risks;
 - Understand and explain decision-making skills;
 - Understand where to get help from when making decisions.
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Children will be able to:

- Understand that medicines are drugs and suggest ways that they can be helpful or harmful.
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Rights and Responsibilities –Spring Term

Children will be able to:

- Define what a volunteer is;
 - Identify people who are volunteers in the school community;
 - Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer.
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Children will be able to:

- Identify key people who are responsible for them to stay safe and healthy;
 - Suggest ways they can help these people.
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Children will be able to:

- Understand the difference between 'fact' and 'opinion';
 - Understand how an event can be perceived from different viewpoints;
 - Plan, draft and publish a recount using the appropriate language.
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Children will be able to:

- Define what is meant by the environment;
 - Evaluate and explain different methods of looking after the school environment;
 - Devise methods of promoting their priority method.
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Children will be able to:

- Understand the terms 'income', 'saving' and 'spending';

Learning Outcomes

- Recognise that there are times we can buy items we want and times when we need to save for items;
 - Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.)
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Children will be able to:

- Explain that people earn their income through their jobs;
- Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)

Being My Best –Summer Term

Children will be able to:

- Explain how each of the food groups on the **Eatwell Guide** (formerly Eatwell Plate) benefits the body;
 - Explain what is meant by the term 'balanced diet';
 - Give examples what foods might make up a healthy balanced meal.
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Children will be able to:

- Explain how some infectious illnesses are spread from one person to another;
 - Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses;
 - Suggest medical and non-medical ways of treating an illness.
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Children will be able to:

- Develop skills in discussion and debating an issue;
 - Demonstrate their understanding of health and wellbeing issues that are relevant to them;
 - Empathise with different view points;
 - Make recommendations, based on their research.
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Children will be able to:

- Identify their achievements and areas of development;
 - Recognise that people may say kind things to help us feel good about ourselves;
 - Explain why some groups of people are not represented as much on television/in the media.
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Learning Outcomes

Children will be able to:

- Demonstrate how working together in a collaborative manner can help everyone to achieve success;
 - Understand and explain how the brain sends and receives messages through the nerves.
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Children will be able to:

- Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain);
 - Describe how food, water and air get into the body and blood.
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Children will be able to:

- Explain some of the different talents and skills that people have and how skills are developed;
 - Recognise their own skills and those of other children in the class.
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Growing and Changing –Summer Term

Children will be able to:

- Identify different types of relationships;
 - Recognise who they have positive healthy relationships with.
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Children will be able to:

- Understand what is meant by the term body space (or personal space);
 - Identify when it is appropriate or inappropriate to allow someone into their body space;
 - Rehearse strategies for when someone is inappropriately in their body space.
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Children will be able to:

- Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;
 - Recognise how different surprises and secrets might make them feel;
 - Know who they could ask for help if a secret made them feel uncomfortable or unsafe.
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Children will be able to:

- Recognise that babies come from the joining of an egg and sperm;
- Explain what happens when an egg doesn't meet a sperm;
- Understand that for girls, periods are a normal part of puberty.

