

Year 3 PSHE and RHE Curriculum Map

Autumn 1	Autumn 2
Being Me in My World • I recognise my worth and can identify positive things about myself and my achievements. • I can set personal goals • I value myself and know how to make someone else feel welcome and valued • I can face new challenges positively, make responsible choices and ask for help when I need it • I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions • I understand why rules are needed and how they relate to rights and responsibilities • I know how to make others feel valued • I understand that my actions affect myself and others and I care about other people's feelings • I understand that my behaviour brings rewards / consequences • I can make responsible choices and take action • I can work cooperatively in a group • I understand my actions affect others and try to see things from their points of view • I am choosing to follow the Learning Charter	Celebrating Differences • I understand that everybody's family is different and important to them • I appreciate my family/the people who care for me • I understand that differences and conflicts sometimes happen among family members • I know how to calm myself down and can use the 'Solve it together' technique • I know what it means to be a witness to bullying • I know some ways of helping to make someone who is bullied feel better • I know that witnesses can make the situation better or worse by what they do • I can problem-solve a bullying situation with others • I recognise that some words are used in hurtful ways • I try hard not to use hurtful words • I can tell you about a time when my words affected someone's feelings and what the consequences were • I can give and receive compliments and know how this feels
Spring 1	Spring 2
Dreams and Goals • I can tell you about a person who has faced difficult challenges and achieved success • I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability) • I can identify a dream/ambition that is important to me • I can imagine how I will feel when I achieve my dream / ambition • I enjoy facing new learning challenges and working out the best ways for me to achieve them • I can break down a goal into a number of steps and know how others could help me to achieve it • I am motivated and enthusiastic about achieving our new challenge • I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge • I can recognise obstacles which might hinder my achievement and can take steps to overcome them • I can manage the feelings of frustration that may arise when obstacles occur • I can evaluate my own learning process and identify how it can be better next time • I am confident in sharing my success with others and can store my feelings in my internal treasure chest	Healthy Me • I understand how exercise affects my body and know why my heart and lungs are such important organs • I can set myself a fitness challenge • I know that the amount of calories, fat and sugar I put into my body will affect my health • I know what it feels like to make a healthy choice • I understand that medicines can help me if I feel poorly and I know how to use them safely • I know some ways to help myself when I feel poorly • I can identify things, people and places that I need to keep safe from • I know some strategies for keeping myself safe, who to go to for help and how to call emergency services • I can express how being anxious or scared feels • I can identify when something feels safe or unsafe • I can take responsibility for keeping myself and others safe • I understand how complex my body is and how important it is to take care of it • I respect my body and appreciate what it does for me

Summer 1	Summer 2
Relationships • I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females • I can describe how taking some responsibility in my family makes me feel • I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener • I know how to negotiate in conflict situations to try to find a win-win solution • I know and can use some strategies for keeping myself safe online • I know who to ask for help if I am worried or concerned about anything online • I can explain how some of the actions and work of people around the world help and influence my life • I can show an awareness of how this could affect my choices • I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. • I can empathise with children whose lives are different to mine and appreciate what I may learn from them • I know how to express my appreciation to my friends and family • I enjoy being part of a family and friendship groups	Finance • I can recognise some of the different ways we get money and some of the different forms it comes in • I understand how I can look after money to keep it safe • I know the difference between things that we need to spend money on and the things that we want to spend money on • I can express how I feel when I have to make a difficult choice and understand that choosing how to spend our money can sometimes be difficult • I can identify different ways that I can pay for things and keep track of money • I recognise how and why people decide to spend their money Changing Me • I can identify what I am looking forward to when I move to my next class • I can start to think about changes I will make next year and know how to go about this