

Personal, Social and Health Education (PSHE) Vision Map

Year 3 – About Me

Crucial Knowledge

- Me:
 - Health is when we feel well.
 - My body needs rest and sleep to grow.
 - My body needs healthy foods to be strong and fight off illnesses
 - My brain needs breaks from looking at a screen.
 - A balanced healthy lifestyle means lots of things that are healthy for me.
 - Sometimes other people can make you feel like doing something because of what they say or do
 - Personal means just about me.
 - Identify is the way I see something.

- Dreams:
 - Everybody is good at something
 - It is ok to find things difficult.
 - A career is when someone does a type of job for lots of years.

Intent

- Me:
 - Healthy lifestyle:
 - parts of a balanced, healthy lifestyle
 - making own choices about health
 - influences on lifestyle
 - screen time
 - Mental health:
 - importance of taking care of mental health
 - strategies and behaviours to support good mental health (including sleep, exercise, community groups, hobbies, social time face to face
 - Personal identity (including personal qualities)

- Dreams:
 - Positive things about myself
 - Setting personal goals
 - Careers: people can have more than one job

Year 3 – Relationships

Crucial Knowledge	Intent
<ul style="list-style-type: none">• Me and others:<ul style="list-style-type: none">○ A relationship is a feeling between two or more people.○ Positive relationships make us feel safe and loved.○ All relationships are different.○ Bullying is when someone means to hurt me or my feelings and does it lots of times.○ If someone hurts me, I must tell them to stop and then tell a trusted adult.○ A trusted adult is a grown up in my family, an adult in school, a doctor or a police officer.○ Families can be different.○ Discrimination is wrong. This is when people treat someone badly because of the way they look or the things they believe in. • Safety:<ul style="list-style-type: none">○ Call 999 straight away if you see a fire that shouldn't be there.○ If I am on fire, I must STOP, DROP and ROLL over until the fire has gone.○ Medicines should only be taken with a trusted adult○ Passwords should not be shared with anyone.○ I must not play in water when without an adult watching.○ Dialling 999 will call the police, an ambulance or a fire engine – I tell them my name and where I am.	<ul style="list-style-type: none">• Me and others:<ul style="list-style-type: none">○ Qualities of healthy friendships○ Building positive friendships and their impact on wellbeing○ Different types of relationships○ The impact of bullying (online and offline)○ Responding to hurtful behaviour (witnessed or experienced)○ Discrimination: what it means and how to challenge it○ Families and their different forms • Safety:<ul style="list-style-type: none">○ Keeping myself safe:<ul style="list-style-type: none">– fire safety– medicines and household safety (including symbols)○ E-safety:<ul style="list-style-type: none">– Powerful passwords– positive and negative parts of the internet– age guidance for films, games, apps– reporting and blocking○ Acceptable behaviours○ Water and sun safety○ Calling 999 and what to say

Crucial Knowledge

- Community:
 - Community is a group of people living or being near to each other
 - Charity is helping others
 - There are five British values. These help us to think about how we treat people in Britain.
- Diversity:
 - Identity is how we see someone
 - Diversity means very different
 - Culture is how groups of people behave and things they believe in
 - There are lots of different cultures around the world
- My place in the world:
 - Being eco-friendly means not harming the planet

Intent

- Community:
 - Different groups in the community
 - The school's charity of the year
 - British Values
 - Rules and laws: the reasons and consequences
- Diversity:
 - Recognise a range of cultures
 - Recognise a range of diverse people
 - The benefits of diversity in my community
- My place in the world:
 - *Recap: staying safe online*
 - Money sources
 - Differences between needs and wants
 - Helping my world by being eco-friendly
 - Next steps: moving on to Year 4