



Ferndale Primary and Nursery School

PSHE: Year 3

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<ul style="list-style-type: none"> Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives 	<ul style="list-style-type: none"> Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments 	<ul style="list-style-type: none"> Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting 	<ul style="list-style-type: none"> Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices 	<ul style="list-style-type: none"> Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends 	<ul style="list-style-type: none"> How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Language Enrichment	First Hand Experiences	Purpose/Life Experiences		Previous Knowledge	
<ul style="list-style-type: none"> Vocabulary on display Support with challenging discussions (sentence stems). Class, group and pair discussions. Jigsaw Jino 	<ul style="list-style-type: none"> Discussing rules and expectations of the school and classroom. Coming up with class rules as a class. Healthy me – links with PE/DT (food). 	<ul style="list-style-type: none"> Helps children to become thoughtful members of society and provides them with the tools required to deal with more challenging situations. Helps children understand healthy life style choices and how to stay safe online. 		<ul style="list-style-type: none"> Term 1: Being Me in My World Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings Term 2: Celebrating Differences Assumptions and 	



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			<p>stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends</p> <p>Term 3: Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success</p> <p>Term 4: Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p> <p>Term 5: Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p> <p>Term 6: Changing Me. Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness</p>
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Preparing for transition