

Year 3

Autumn 1 - Being in My World



Piece	PSHE learning intention	Social and emotional development learning intention
1.Getting to Know Each Other	I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals I know how to use my Jigsaw Journal	I value myself and know how to make someone else feel welcome and valued
2.Our Nightmare School	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
3.Our Dream School	I understand why rules are needed and how they relate to rights and responsibilities	I know how to make others feel valued
4.Rewards and Consequences	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
5. Our Learning Charter	I can make responsible choices and take action	I can work cooperatively in a group
6.Owning our Learning Charter	I understand my actions affect others and try to see things from their points of view	I am choosing to follow the Learning Charter

Autumn 2 – Celebrating Differences

Piece	PSHE learning intention	Social and emotional development learning intention
1.Families	I understand that everybody's family is different and important to them	I appreciate my family/the people who care for me
2. Family conflict	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
3.Witness and feelings	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
4.Witness and solutions	I know that witnesses can make the situation better or worse by what they do	I can problem-solve a bullying situation with others
5.Words that harm	I recognise that some words are used in hurtful ways	I try hard not to use hurtful words (e.g. gay, fat)
6.Celebrating difference: compliments	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 – Dreams and Goals

Piece	PSHE learning intention	Social and emotional development learning intention
1.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)
2.My Dreams and Ambitions	I can identify a dream/ambition that is important to me	I can imagine how I will feel when I achieve my dream/ambition
3.A New Challenge Puzzle Outcome: Garden design/decoration	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
4.Our New Challenge Puzzle Outcome: Garden design/decoration	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
5.Our New Challenge - Overcoming Obstacles Puzzle Outcome: Garden design/decoration	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
6.Celebrating My Learning	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

Spring 2 - Healthy Me

Piece	PSHE learning intention	Social and emotional development learning intention
1. Being Fit and Healthy	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
2. Being Fit and Healthy	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
3. What Do I Know About Drugs?	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs
4. Being Safe Puzzle outcome: Keeping safe identify things, people and places that	I need to keep safe from 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
5. Safe or Unsafe	I can identify when something feels safe or unsafe	I can take responsibility for keeping myself and others safe
6. My Amazing Body	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 - Relationships

Piece	PSHE learning intention	Social and emotional development learning intention
1.Family Roles and Responsibilities	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
2. Friendship	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
3.Keeping Myself Safe Online	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
4. Being a Global Citizen 1	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
5.Being a Global Citizen 2	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
6.Celebrating My Web of Relationships	I know how to express my appreciation to my friends and family	I enjoy being part of a family and friendship groups

Summer 2 – Changing Me

Piece	PSHE learning intention	Social and emotional development learning intention
1.How Babies Grow	I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals
2.Babies	I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow	I can express how I might feel if I had a new baby in my family
3.Outside Body Changes	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process	I recognise how I feel about these changes happening to me and know how to cope with those feelings
4.Inside Body Changes	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up	I recognise how I feel about these changes happening to me and know how to cope with these feelings
5.Family Stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles	I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
6.Looking Ahead	Identify what I am looking forward to when I move to my next class start to think about changes	I will make next year and know how to go about this