



PSHE Medium Term Plans

<u>Year 3 Unit Names:</u>	<u>Golden Threads:</u>
Being Me In My World Celebrating Difference Dreams and Goals Healthy Me Relationships Changing Me	Respect and Empathy Safety and Risk Management Health and Well-being Positive Relationships Resilience and Self-esteem Responsibility and Citizenship

Long Term Plans	Enquiry Theme	Objectives	Golden Threads Links	Assessment
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Being Me In My World	Setting personal goals	1. To identify positive things about myself and my achievements. 2. To face new challenges positively, make responsible choices and ask for help when I need it 3. To understand why rules are needed and how they relate to rights and responsibilities 4. To understand that my actions affect myself and others and I care about other people's feelings 5. To make responsible choices and take action 6. To understand my actions affect others and try to see things from their points of view	Respect and Empathy Positive Relationships Responsibility and Citizenship	1. Say positive things about myself and my achievements. 2. Face new challenges positively, make responsible choices and ask for help when I need it 3. Explain why rules are needed and how they relate to rights and responsibilities 4. Understand that my actions affect myself and others and I care about other people's feelings 5. Make responsible choices and take action 6. Explain how my actions affect others and try to see things from their points of view
Celebrating Difference	Witnessing bullying and how to solve it	1. To understand that everybody's family is different and important to them. 2. To understand that differences and conflicts sometimes happen among family members. 3. To know what it means to be a witness to bullying 4. To know that witnesses can make the situation better or worse by what they do 5. To recognise that some words are used in hurtful ways	Respect and Empathy Safety and Risk Management Health and Well-being Positive Relationships Resilience and Self-esteem Responsibility and Citizenship	1. Understand that everybody's family is different and important to them. 2. Say why differences and conflicts sometimes happen among family members. 3. Know what it means to be a witness to bullying 4. Know that witnesses can make the situation better or worse by what they do

		6. To say how my words can affect someone's feelings and what the consequences maybe		5. Recognise that some words are used in hurtful ways 6. Say how my words can affect someone's feelings and what the consequences maybe
Dreams and Goals	Difficult challenges and achieving success	1. To name person who has faced difficult challenges and achieved success 2. To identify a dream/ambition that is important to me 3. To face new learning challenges and working out the best ways for me to achieve them 4. To know how to get motivated and enthusiastic about achieving our new challenge 5. To recognise obstacles which might hinder my achievement and take steps to overcome them 6. To evaluate my own learning process and identify how it can be better next time	Health and Well-being Resilience and Self-esteem	1. Name person who has faced difficult challenges and achieved success 2. Say a dream/ambition that is important to me 3. Face new learning challenges and working out the best ways for me to achieve them 4. Say how to get motivated and enthusiastic about achieving our new challenge 5. List obstacles which might hinder my achievement and take steps to overcome them 6. Evaluate my own learning process and identify how it can be better next time
Healthy Me	Exercise Fitness challenges	1. To understand how exercise affects my body and know why my heart and lungs are such important organs	Safety and Risk Management Health and Well-being	1. Say how exercise affects my body and know why my heart and lungs are such important organs 2. Know that the amount of calories, fat and sugar I put

		2. TO know that the amount of calories, fat and sugar I put into my body will affect my health 3. To share my knowledge and attitude towards drugs 4. To identify things, people and places that I need to keep safe from 5. To know some strategies for keeping myself safe, who to go to for help and how to call emergency services 6. To identify when something feels safe or unsafe 7. To understand how complex my body is and how important it is to take care of it		into my body will affect my health 3. Share my knowledge and attitude towards drugs 4. Say which things, people and places that I need to keep safe from 5. Name some strategies for keeping myself safe, who to go to for help and how to call emergency services 6. Say when something feels safe or unsafe 7. Explain how complex my body is and how important it is to take care of it
Relationships	Friendship and negotiation	1. To identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females 2. To know how to negotiate in conflict situations to try to find a win-win solution 3. To use some strategies for keeping myself safe online 4. To explain how some of the actions and work of people around the world help and influence my life 5. To understand how my needs and rights are shared by	Respect and Empathy Positive Relationships Resilience and Self-esteem Responsibility and Citizenship	1. Name the roles and responsibilities of each member of my family and can reflect on the expectations for males and females 2. Say how to negotiate in conflict situations to try to find a win-win solution 3. Use some strategies for keeping myself safe online 4. Explain how some of the actions and work of people around the

		children around the world and can identify how our lives may be different. 6. To know how to express my appreciation to my friends and family		world help and influence my life 5. Say how my needs and rights are shared by children around the world and can identify how our lives may be different. 6. Know how to express my appreciation to my friends and family
Changing Me	Outside and Inside body changes	1. To understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby 2. To understand what a baby needs to live and grow 3. To identify how boys' and girls' bodies change on the <u>outside</u> 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 4. To identify how boys' and girls' bodies change on the <u>inside</u> 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	Health and Well-being Positive Relationships Resilience and Self-esteem	1. Understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby 2. Name what a baby needs to live and grow 3. Say how boys' and girls' bodies change on the <u>outside</u> 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 4. Say how boys' and girls' bodies change on the <u>inside</u> during the

		5. To recognise stereotypical ideas I might have about parenting and family roles 6. To identify what I am looking forward to when I move to my next class		growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up 5. Recognise stereotypical ideas I might have about parenting and family roles 6. Name what I am looking forward to when I move to my next class
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