



PSHE knowledge and
skills - Year 3

Key Area	Knowledge	Skills
<p><u>Families and Relationships</u></p> <p>Family Friendships Respectful relationships Change and loss</p>	<ul style="list-style-type: none"> ● To know that I can talk to trusted adults or services such as Childline if I experience family problems. ● To know that bullying can be physical or verbal. ● To know that bullying is repeated, not a one off event. ● To know that violence is never the right way to solve a friendship problem. ● To know that trust is being able to rely on someone and it is an important part of relationships. ● To know the signs of a good listener. ● To understand how to listen carefully and why listening is important. ● To understand that there are similarities and differences between people. ● To understand some stereotypes related to age. 	<ul style="list-style-type: none"> ● Learn that problems can occur in families and that there is help available if needed. ● Explore ways to resolve friendship problems. ● Develop an understanding of the impact of bullying and what to do if bullying occurs. ● Identify who I can trust. ● Learn about the effects of non-verbal communication. ● Explore the negative impact of stereotyping.
<p><u>Health and wellbeing</u></p> <p>Health prevention Physical health and wellbeing Mental wellbeing</p>	<ul style="list-style-type: none"> ● To understand ways to prevent tooth decay. ● To understand the positive impact relaxation can have on the body. ● To know the different food groups and how much of each of them we should have to have a balanced diet. To understand the importance of belonging. 	<ul style="list-style-type: none"> ● Explore my own identity through the groups I belong to. ● Identify my strengths and exploring how I use them to help others. ● Know how to break down a problem into smaller parts to overcome it.

	<ul style="list-style-type: none"> ● To understand what being lonely means and that it is not the same as being alone. ● To understand what a problem or barrier is and that these can be overcome. 	
<p><u>Safety and the changing body</u></p> <p>Being safe (including online) Drugs, alcohol and tobacco The changing adolescent body Basic first aid</p>	<ul style="list-style-type: none"> ● To understand that cyberbullying is bullying which takes place online. ● To know the signs that an email might be fake. ● To know the rules for being safe near roads. ● To understand that other people can influence our choices. ● To know that bites or stings can sometimes cause an allergic reaction. ● To know that it is important to maintain the safety of myself and others before giving first aid. 	<ul style="list-style-type: none"> ● Explore ways to respond to cyberbullying or unkind behaviour online. ● Develop skills as a responsible digital citizen. ● Identify things people might do near roads which are unsafe. ● Begin to recognise unsafe digital content. ● Explore that people and things can influence me and that I need to make the right decision for me. ● Explore choices and decisions that I can make. ● Learn what to do in a medical emergency including calling the emergency services.
<p><u>Citizenship</u></p>	<ul style="list-style-type: none"> ● To understand the UN Convention on the Rights of the Child. ● To understand how recycling can have a positive impact on the environment. ● To know that the local council is responsible for looking after the local area. ● To know that elections are held where adults can vote for local councillors. 	<ul style="list-style-type: none"> ● Explore how children's rights help them and other children. ● Consider the responsibilities that adults and children have to maintain children's rights. ● Discuss ways we can make a difference to recycling rates at home/school.

	<ul style="list-style-type: none"> ● To understand some of the consequences of breaking rules. ● To understand the role of charities in the community. 	<ul style="list-style-type: none"> ● Identify local community groups and discuss how these support the community.
<p><u>Economic wellbeing</u></p>	<ul style="list-style-type: none"> ● To know that we can pay for things using cash, a debit card, a credit card, online banking and digital wallets. ● To know that spending should be based on necessity and available budget. ● To know that budgeting is planning how to spend and save money that you have available. ● To know that money can cause us to have positive and negative feelings. ● To know how we spend money can affect other people and the environment. ● To know that different jobs contribute to our society in different ways. ● To know that stereotypes are oversimplified ideas about what jobs are suitable for people based on gender, race or other characteristics. ● To know that it is important to consider what they are good at and enjoy doing when choosing future careers. 	<ul style="list-style-type: none"> ● Consider pros and cons of payment methods. ● Contemplate budgeting benefits. ● Plan and calculate within a budget. ● Discuss attitudes and feelings about money. ● Develop empathy in financial situations. ● Handle negative financial emotions. ● Make ethical spending decisions. ● Assess the impact of spending choices. ● Reflect on future jobs based on goals. ● Challenge and understand workplace stereotypes.