



Giles Junior Year 3 PSHE Annual Curriculum Overview

<i>Year 3 - Autumn 1 - Being Me in My World</i>			
<i>Session</i>	<i>Learning objective</i>	<i>Vocabulary</i>	<i>7 Habits Links</i>
1	To recognise my worth and can identify positive things about myself and my achievements.	WELCOME, VALUED ACHIEVEMENTS, PROUD, PLEASED, PERSONAL GOAL PRAISE, ACKNOWLEDGE AFFIRM	
2	To be able to face new challenges positively, make responsible choices and ask for help when needed.	EMOTIONS, FEELINGS, NIGHTMARE, FEARS, WORRIES, SOLUTIONS, SUPPORT	Habit 1 – Be Proactive - Choose your own weather (page 16)
3	To understand why rules are needed and how they relate to rights and responsibilities.	RIGHTS, RESPONSIBILITIES, LEARNING CHARTER, NIGHTMARE, DREAM	Habit 1 – Be Proactive - Stop and think (page 18)
4	To understand that my actions affect myself and others and I care about other peoples feelings.	BEHAVIOUR, REWARDS, CONSEQUENCES, ACTIONS, FEELINGS, RIGHTS, FAIRNESS, CHOICES	Apologising – page 70
5	To be able to make responsible choices and actions.	CO-OPERATE, REWARDS, CHALLENGE, GROUP DYNAMICS, TEAMWORK	Habit 1 – Be Proactive – Circle of control (page 22)
6	To understand my actions affect others, and try to see things from their points of view.	ACTIONS, VIEWPOINT, IDEAL SCHOOL, BELONG	Habit 1 – Be Proactive - Take initiative (Page 20)
<i>Year 3 - Autumn 2 - Celebrating Difference</i>			
1	To understand that everybodys family is different and important to them	FAMILY, LOVING, CARING SAFE, CONNECTED DIFFERENCE, SPECIAL	Habit 5 – Seek first to understand then be understood page 44
2	To understand that differences and conflicts sometimes happen among family members	CONFLICT, SOLVE IT TOGETHER, SOLUTIONS, RESOLVE	Habit 5 – Seek First to Understand, Then be Understood – Honest - page 50
3	To know what it means to be a witness to bullying	WITNESS, BYSTANDER, BULLYING, GAY, UNKIND, FEELINGS, TELL	
4	To know that witnesses can make the situation better or worse by what they do	WITNESS, BYSTANDER, BULLYING GAY, UNKIND, FEELINGS, TELL	Habit 5 – Seek first to understand then be understood – Courage and consideration (Page 40)
5	To recognise that some words are used in hurtful ways	CONSEQUENCES, HURTFUL	
6	To be able tell about a time when my words affected someones feelings and what the consequences were	COMPLIMENT, SPECIAL, UNIQUE, DIFFERENCE, SIMILARITY	Habit 4 – Think Win-Win – Emotional bank accounts (page 42)



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Year 3 – Spring 1 – Goals and Dreams			
Session	Learning objective	Vocabulary	7 Habits Links
1	To tell about a person who has faced difficult challenges and achieved success	PERSEVERANCE, CHALLENGES SUCCESS. OBSTACLES DREAMS, GOALS	Habit 2 – Begin with the end in mind – Set goals (page 26)
2	To identify a dream/ambition that is important to me	AMBITIONS, FUTURE, ASPIRATIONS	Habit 2 – Begin with the End in Mind – What matters most (page 24)
3	To enjoy facing new learning challenges and working out the best ways to achieve them	GARDEN, DECORATION, TEAMWORK, ENTERPRISE, DESIGN, COOPERATION	Habit 2 – Begin with the End in Mind – Make a plan (page 28)
4	To be motivated and enthusiastic about achieving our new challenge	CHALLENGE, PRODUCT, STRENGTHS. MOTIVATED, ENTHUSIASTIC, EXCITED, EFFICIENT, RESPONSIBLE	Habit 3 – Put First Things First – Roles and Goals (page 34)
5	To recognise obstacles which might hinder my achievement and can take steps to overcome them	OBSTACLES, FRUSTRATION, 'SOLVE IT TOGETHER TECHNIQUE, SOLUTION	Habit 3 – Put First Things First – Prioritise (page 30)
6	To evaluate my learning process and identify how it can be better next time	REVIEW. LEARNING, STRENGTHS. SUCCESS, SELF- REVIEW, CELEBRATE, EVALUATE	Habit 3 - Putting First Things First – organisation (Page 36)
Year 3 – Spring 2 – Healthy Me			
1	To understand how exercise affects my body and know why my heart and lungs are such important organs	OXYGEN, ENERGY, CALORIES/ KILOJOULES, HEARTBEAT, LUNGS, HEART FITNESS	Habit 7 – Sharpen The Saw – Sharpen the body (page 58)
2	To know that the amount of calories, fat and sugar I put into my body will affect my health	LABELS, SUGAR, FAT, SATURATED FAT	
3	To relay my knowledge and attitude towards drugs	HEALTHY, DRUGS, ATTITUDE	
4	To identify things, people and places that I need to keep safe from, and can outline some strategies for keeping myself safe including who to go to for help	SAFE. ANXIOUS, SCARED. STRATEGY, ADVICE	
5	To identify when something feels safe or unsafe	HARMFUL. RISK, FEELINGS	
6	To understand how complex my body is and how important it is to take care of it	COMPLEX, APPRECIATE, BODY, HEALTHY, CHOICE	



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Year 3 – Summer 1 – Relationships			
Session	Learning objective	Vocabulary	7 Habits Links
1	To identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females	MEN, WOMEN, MALE FEMALE, UNISEX. ROLE. JOB, RESPONSIBILITIES DIFFERENCES. SIMILARITIES, RESPECT, STEREOTYPE	
2	To identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener	CONFLICT, SOLUTION, PROBLEM SOLVING, FRIENDSHIP, WIN-WIN	Habit 5 — Listen with my ears, eyes and heart (page 46)
3	To know and can use some strategies for keeping myself safe online	SAFE, UNSAFE, RISKY, INTERNET, SOCIAL MEDIA, GAMING, PRIVATE MESSAGING (PM)	
4	To explain how some of the actions and work of people around the world help and influence my life	GLOBAL, COMMUNICATIONS, TRANSPORT, INTERCONNECTED, FOOD JOURNEYS, CLIMATE, TRADE, INEQUALITY	Habit 6 – Synergise – Teamwork (Page 54)
5	To understand how my needs and rights are shared by children around the world and can identify how our lives may be different.	NEEDS, WANTS, RIGHTS, DEPRIVATION, UNITED NATIONS, EQUALITY, JUSTICE	
6	To identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females	MALE FEMALE, UNISEX. ROLE. JOB, RESPONSIBILITIES, DIFFERENCES.	
Year 3 – Summer 2 – Changing Me			
1	To 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	CHANGES, BIRTH, ANIMALS, BABIES, MOTHER, GROWING UP	
2	To understand how babies grow and develop in the mothers uterus and know what a baby needs to live and grow	BABY, GROW, UTERUS, WOMB, NUTRIENTS, SURVIVE, LOVE, AFFECTION, CARE	
3	To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies and identifying what those changes look like.	CHANGE, PUBERTY, CONTROL	
4	To identify how boys' and girls' bodies change on the inside during puberty and be able to explain why these changes are necessary so that their bodies can make babies when they grow up	PUBERTY, MALE, FEMALE, TESTICLES, SPERM, PENIS, OVARIES, EGG, OVUM/ OVA, WOMB/, UTERUS, VAGINA	
5	To recognise stereotypical ideas I might have about parenting and family roles	STEREOTYPES, TASK, ROLES, CHALLENGE	Habit 6 – Synergise – Humility – page 56
6	To identify what I am looking forward to when I move to my next class	CHANGE, EXCITED, NERVOUS, ANXIOUS, HAPPY	



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