



PHSE Curriculum Map 2020-2021

	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams & Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Year 3	<p>To recognise my worth and identify positive things about myself and my achievements.</p> <p>To set personal goals.</p> <p>To face new challenges positively, make responsible choices and ask for help when I need it.</p> <p>To understand why rules are needed and how they relate to rights and responsibilities.</p> <p>To understand that my actions affect myself and others and I care about other people's feelings.</p> <p>To understand that my behaviour brings rewards or consequences.</p> <p>To make responsible choices and try to see things from others' points of view.</p>	<p>To understand that everybody's family is different and important to them.</p> <p>To understand that differences and conflicts sometimes happen among family members.</p> <p>To know what it means to be a witness to bullying and that witnesses can make the situation better or worse by what they do.</p> <p>To recognise that some words are used in hurtful ways.</p> <p>To try to use kind words.</p>	<p>To tell you about a person who has faced difficult challenges and achieved success.</p> <p>To identify a dream/ambition that is important to me.</p> <p>To enjoy facing new learning challenges and working out the best way for me to achieve this.</p> <p>To feel motivated and enthusiastic about achieving a new challenge.</p> <p>To recognise obstacles which might hinder my achievement and take steps to overcome them.</p> <p>To evaluate my own learning process.</p>	<p>To understand how exercise affects my body and know why my heart and lungs are such important organs.</p> <p>To be able to set myself a fitness challenge.</p> <p>To tell you my knowledge and attitude towards drugs.</p> <p>To identify things, people and places that I need to keep myself safe from and can tell you some strategies for keeping myself safe.</p> <p>To understand that, like medicines, some household substances can be harmful if not used correctly.</p>	<p>To identify the roles and responsibilities of each member of my family and reflect on the expectations for males and females.</p> <p>To identify and put into practice some of the skills of friendship (taking turns, being a good listener).</p> <p>To know and use some strategies for keeping myself safe.</p> <p>To explain how some of the actions and work of people around the world help and influence my life Being a Global Citizen.</p> <p>To empathise with children whose lives are different to mine.</p>	<p>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.</p> <p>To understand how babies grow and develop in the mother's uterus.</p> <p>To understand that boys' and girls' bodies change on the outside during the growing up process and recognise how I feel about these changes.</p> <p>To start to recognise stereotypical ideas about parenting and family roles.</p> <p>To identify what I am looking forward to when I am in Year 4.</p>

