

Y3	PSHE Scheme of Work	
Key Skills in PSHE-Y3	Useful resources, websites etc	Key messages for teachers
<p><u>Being Me in My World</u> (Autumn 1)</p> <ul style="list-style-type: none"> • Setting personal goals • Self-identity and worth • Positivity in challenges • Rules, rights and responsibility • Rewards and consequences • Responsible choices • Seeing things from others' perspectives <p><u>Celebrating Difference</u> (Autumn 2)</p> <ul style="list-style-type: none"> • Families and their differences • Family conflict and how to manage it [child centred] • Witnessing bullying and to solve it • Recognising how words can be hurtful • Giving and receiving compliments 	<p>Refer to Jigsaw folder (one per class) for lessons, assessment, resources to photocopy</p> <p>Resource list supplied in Jigsaw files and may contain certain books/video clips</p> <p>Staff Shared contains a 'Jigsaw' folder where PowerPoints can be accessed for lessons</p> <p>Soft toy Jigsaw Piece (one per class) for use in lessons and circle time activities</p> <p>Chime bar (one per class) can be used in 'Calm me' sessions</p> <p>CD of song music (one per year group and on Staff Shared) to be used in lessons</p> <p>Extensive range of books available on PSHE shelf (on Yr 6 corridor)</p>	<p>What is PSHE?</p> <p>PSHE Education is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives – now and in the future. As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.</p> <p style="text-align: right;">From Jigsaw Programme</p> <p>Child-friendly:</p> <p>PSHE stands for Personal, Social and Health Education. Personal – all about me: why I am special, keeping myself safe and happy, know how to use and save money.</p>

<p><u>Dreams and Goals</u> (Spring 1)</p> <ul style="list-style-type: none"> • Difficult challenges and achieving success • Dreams and ambitions • New challenges • Motivation and enthusiasm • Recognising and trying to overcome obstacles • Evaluating learning processes • Managing feelings • Simple budgeting <p><u>Healthy Me</u> (Spring 2)</p> <ul style="list-style-type: none"> • Exercise • Fitness challenges • Food labelling and healthy swaps • Attitudes towards drugs • Keeping safe and why it's important online and offline scenarios • Respect for myself and others 	<p>Jigsaw Website:</p> <p>https://www.jigsawpshe.com/#welcome-to-jigsaw-pshe</p> <p>Username and password needed. See K Wade if something specific is needed from here please</p> <p>SCARF</p> <p>https://www.coramlifeeducation.org.uk/scarf/</p> <p>This is available to supplement our resources.</p>	<p>Social – how I interact with my friends, family and the community: rights, respect, working together.</p> <p>Health – How to keep myself healthy in body and mind: knowing how to keep myself safe and have healthy relationships.</p> <p>All these relate to now and when I grow up too.</p> <ul style="list-style-type: none"> • All Classes need to have Jigsaw Puzzle soft toy displayed in classrooms. • Jigsaw Learning Charter should be created, discussed and displayed in all classrooms at the start of each new academic year. • Jigsaw Journals should have front covers at the start of Year 3, be explained clearly to pupils and passed onto Year 4 at the end of the year.
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- Healthy and safe choices

Relationships (Summer 1)

- Family roles and responsibilities
- Friendship and negotiation
- Keeping safe online and who to go to for help
- Being a global citizen
- Being aware of how my choices affect others
- Awareness of how other children have different lives
- Expressing appreciation for family and friends

Changing Me (Summer 2)

- How babies grow
- Understanding a baby's needs
- Outside body changes
- Inside body changes
- Family stereotypes
- Challenging my ideas
- Preparing for transition

Other Y3 PSHE Skills		
<p>Skills relating to promoting any of:</p> <p><u>School Values</u> Compassion Honesty Aspiration Respect Teamwork Enthusiasm Responsibility Determination AND <u>British Values</u> Democracy The rule of law Individual liberty Mutual respect</p> <p>Tolerance of those with different faiths and beliefs and for those without faith</p>		
Extension		
Opportunity to be a School Council Representative.		

<p>Opportunity to compete in inter-school Boccia.</p> <p>Personal achievements outside of school eg swimming certificates, sporting awards, dance recognition, fund raising.</p> <p>Personal circumstances eg children belong to or know of a same-sex family, children are young carers, children are in care or know of a child in care.</p> <p>Children who have experience or knowledge of outside agencies due to family circumstances eg The Wish Centre.</p>		
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