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| **Year 3 – *PSHE* – Spring one** | | | |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know | |
| Relationships:   * I can identify positive aspects of being part of a family. * I can explain different ways that people can care for each other. * I can explain what is appropriate to share with friends, family, classmates and wider social groups. * I can explain what privacy and personal boundaries are and how to respect them.   Living in the wider world:   * I can explain what a responsibility is. * I can identify a responsibility I have. * I can explain why rights are important.   Health and wellbeing:   * I can identify healthy and unhealthy choices in food and how this could negatively impact me. * I can explain what is meant by a healthy, balanced diet. | Relationships:   * I can explain what an upstander and a bystander is. * I can identify the effects and consequences of bullying for the people involved. * I can identify the similarities and differences between online bullying and face-to-face bullying. * I can explain what to do and whom to tell if I see or experience bullying or hurtful behaviour.   Living in the wider world:   * I can identify basic strategies to keep myself safe online * I can explain what inappropriate and appropriate content is and how to report inappropriate content. * I can explain what to do if I am unsure or worried about a situation online. * I can explain what a stereotype is and give an example. * I can explain how to safely challenge a stereotype.   Health and wellbeing:   * I can identify healthy and unhealthy choices in exercise and sleep and how this could negatively impact me. * I can begin to explain the positive and negative effects of habits on a healthy lifestyle. * I can explain that regular exercise is good for my mental and physical health. | Upstander | Someone who sees bad or inappropriate behaviour and tries to stop it. |
| Bystander | Someone who sees bad or inappropriate behaviour but doesn’t do anything to stop it. |
| Bullying | Repetitive, intentional hurting (by words and/or actions) of someone. |
| Inappropriate | An action or response that is not okay for the situation. |
| Report | To inform someone (in person or online) about a behaviour that has been seen (in person or online) |
| Stereotype | A fixed idea about something, someone or a group of people. |
| Impact | The effect something can have on someone or something. |