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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.  |