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|  **Year 3 – *PSHE* – Spring two** |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know |
| 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.
 | Relationships:* I can identify respectful behaviours.
* I can explain how to model respectful behaviours in different situations.

Living in the wider world:* I can identify that different jobs will require different skills
* I can identify that a skill may help me with more than one job.
* I can identify different ways to keep myself safe near water.
* I can explain how to call for help in an emergency.
* I can explain what a Coastguard is.

Health and wellbeing: * I can identify different feelings and begin to discuss my own feelings.
* I can recognise that feelings can change overtime and become more or less powerful.
 | Upstander  | Someone who sees bad or inappropriate behaviour and tries to stop it.  |
| Respectful  | Showing consideration for someone or something else.  |
| Skill  | An ability to do something well.  |
| Emergency  | A serious, unexpected and sometimes dangerous situation which could cause someone harm.  |
| Coastguard  | People who keep an eye on waters to assist people that may be in danger. |
| Feelings  | An emotional state or reaction.  |
| Powerful  | Power, control, how strong something or someone is.  |