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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. |