

# PSHE Jigsaw Curriculum Overview — Year 3

## Being Me in My World

- I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals
- I value myself and know how to make someone else feel welcome and valued
- I can face new challenges positively, make responsible choices and ask for help when I need it
- I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions
- I understand why rules are needed and how they relate to rights and responsibilities
- I know how to make others feel valued
- I understand that my actions affect myself and others and I care about other people's feelings
- I understand that my behaviour brings rewards/consequences
- I can make responsible choices and take action
- I can work cooperatively in a group
- I understand my actions affect others and try to see things from their points of view

## Celebrating Difference

- I understand that everybody's family is different and important to them
- I appreciate my family/the people who care for me
- I understand that differences and conflicts sometimes happen among family members
- I know how to calm myself down and can use the 'Solve it together' technique I know what it means to be a witness to bullying
- I know some ways of helping to make someone who is bullied feel better
- I know that witnesses can make the situation better or worse by what they do
- I can problem-solve a bullying situation with others
- I recognise that some words are used in hurtful ways
- I try hard not to use hurtful words (e.g. gay, fat)
- I can tell you about a time when my words affected someone's feelings and what the consequences were
- I can give and receive compliments and know how this feels

## Dreams & Goals

- I can tell you about a person who has faced difficult challenges and achieved success
- I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)
- I can identify a dream/ambition that is important to me
- I can imagine how I will feel when I achieve my dream/ambition
- I enjoy facing new learning challenges and working out the best ways for me to achieve them
- I can break down a goal into a number of steps and know how others could help me to achieve it
- I am motivated and enthusiastic about achieving our new challenge
- I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge
- I can recognise obstacles which might hinder my achievement and can take steps to overcome them
- I can manage the feelings of frustration that may arise when obstacles occur
- I can evaluate my own learning process and identify how it can be better next time
- I am confident in sharing my success with others and can store my feelings

## Healthy Me

- I understand how exercise affects my body and know why my heart and lungs are such important organs
- I can set myself a fitness challenge
- I understand how exercise affects my body and know why my heart and lungs are such important organs
- I can set myself a fitness challenge
- I can tell you my knowledge and attitude towards drugs
- I can identify how I feel towards drugs
- I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help
- I can express how being anxious or scared feels
- I understand that, like medicines, some household substances can be harmful if not used correctly
- I can take responsibility for keeping myself and others safe at home
- I understand how complex my body is and how important it is to take care of it
- I respect my body and appreciate what it does for me