

National Curriculum Objectives: In this unit, children will be taught to:

Families and Relationships		Health and Wellbeing	
Skills	Knowledge	Skills	Knowledge
- Learning that problems can occur in families and that there is help available if needed. - Exploring ways to resolve friendship problems. - Developing an understanding of the impact of bullying and what to do if bullying occurs. - Identifying who I can trust. - Learning about the effects of non verbal communication. - Exploring the negative impact of stereotyping.	- To know that I can talk to trusted adults or services such as Childline if I experience family problems. - To know that bullying can be physical or verbal. - To know that bullying is repeated, not a one off event. - To know that violence is never the right way to solve a friendship problem - To know that trust is being able to rely on someone and it is an important part of relationships. - To know the signs of a good listener. - To understand how to listen carefully and why listening is important. - To understand that there are similarities and differences between people. - To understand some stereotypes related to age.	- Discussing why it is important to look after my teeth. - Learning stretches which can be used for relaxation. - Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest. - Exploring my own identity through the groups I belong to. - Identifying my strengths and exploring how I use them to help others. - Being able to breakdown a problem into smaller parts to overcome it.	- To understand ways to prevent tooth decay. - To understand the positive impact relaxation can have on the body. - To know the different food groups and how much of each of them we should have to have a balanced diet. - To understand the importance of belonging. - To understand what being lonely means and that it is not the same as being alone. - To understand what a problem or barrier is and that these can be overcome.
Safety and the changing body		Citizenship	
Skills	Knowledge	Skills	Knowledge
- Exploring ways to respond to cyberbullying or unkind behaviour online. - Developing skills as a responsible digital citizen. - Identifying things people might do near roads which are unsafe. - Beginning to recognise unsafe digital content. - Exploring that people and things can influence me and that I need to make the right decision for me. - Exploring choices and decisions that I can make. - Learning what to do in a medical emergency, including calling the	- To understand that cyberbullying is bullying which takes place online. - To know the signs that an email might be fake. - To know the rules for being safe near roads. - To understand that other people can influence our choices. - To know that bites or stings can sometimes cause an allergic reaction.	- Exploring how children's rights help them and other children. - Considering the responsibilities that adults and children have to maintain children's rights. - Discussing ways we can make a difference to recycling rates at home/school. - Identifying local community groups and discussing how these support the community.	- To understand the UN Convention on the Rights of the Child. - To understand how recycling can have a positive impact on the environment. - To know that the local council is responsible for looking after the local area. - To know that elections are held where adults can vote for local councillors. - To understand some of the consequences of breaking rules. - To understand the role of charities in the community.

Knowsley Junior School

PSHE & RSE Skills & knowledge in Year 3

emergency services.	To know that it is important to maintain the safety of myself and others, before giving first aid.		
Economic Wellbeing		Identity	
Skills	Knowledge	Skills	Knowledge
- Considering pros and cons of payment methods. - Contemplating budgeting benefits. - Planning and calculating within a budget. - Discussing attitudes and feelings about money. - Developing empathy in financial situations. - Handling negative financial emotions. - Making ethical spending decisions. - Assessing impact of spending choices. - Reflecting on future job based on goals. - Challenging and understanding workplace stereotypes. - Ranking factors influencing job choices.	- To know that we can pay for things using cash, a debit card, a credit card, online banking, and digital wallets. - To know that spending should be based on necessity, importance, and available budget. - To know that budgeting is planning how to spend and save the money that you have available. - To know that money can cause us to have positive and negative feelings. - To know how we spend money can affect other people and the environment, like buying environmentally friendly products to help protect the planet. - To know that different jobs contribute to our society in different ways. - To know that stereotypes are oversimplified ideas about what jobs are suitable for people based on gender, race, or other characteristics. - To know that it is important to consider what they are good at and enjoy doing when choosing future careers. - To know that they can aim for any career they are interested in and passionate about, regardless of stereotypes or other people's expectations.	Learning strategies to deal with change.	To understand that change often brings about more opportunities and responsibilities.