

# YEAR 3 OVERVIEW

We follow the Jigsaw scheme of work for PSHE, the objectives of which are shown in green.



## Being Me in My World

- Setting personal goals
- Self-identity and worth
- Positivity in challenges
- Rules, rights and responsibilities
- Rewards and consequences
- Responsible choices
- Seeing things from others' perspective
- Assemblies (see programme).

## Dreams and Goals

- Difficult challenges and achieving success
- Dreams and ambitions
- New challenges
- Motivation and enthusiasm
- Recognising and trying to overcome obstacles
- Evaluating learning processes
- Managing feelings
- Simple budgeting
- Assemblies (see programme).

## Relationships

- Family roles and responsibilities
- Friendships
- Being a global citizen
- Being aware of how my choices affect others
- Awareness of how other children have different lives
- Expressing appreciation
- Assemblies (see programme).

AUTUMN

SPRING

SUMMER

## Celebrating Difference

- Families and their differences
- Family conflict and how to manage it
- Witnessing bullying and how to solve it
- Recognising how words can be hurtful
- Giving and receiving compliments
- Assemblies (see programme).

## Healthy Me

- Exercise and fitness challenges
- Food labelling and healthy swaps
- Attitudes towards drugs
- Keeping safe both online and offline
- Respect for myself and others
- Healthy and safe choices
- Assemblies (see programme).

## Changing Me

- How babies grow
- Understanding a baby's needs
- Outside body changes
- Inside body changes
- Family stereotypes
- Challenging my ideas
- Assemblies (see programme).

This runs in conjunction with whole school events, themed weeks, curriculum enhancement days and offsite visits to enhance the curriculum. Ambleside Academy Values and Fundamental British Values are interwoven throughout all.