

Y3 Personal Development (PSHE / Relationship, Sex and Health Education)	TERM 1		TERM 2A		TERM 2B		TERM 3A		TERM 3B	
	Citizenship		Managing risks		Secrets		Family differences		First aid – Serious bleeding Body positivity	
	<p>Key knowledge Rules and routines To know there are rules in the school to help the children remain safe, happy and able to learn.</p> <p>To know the rules for Year 3 in all areas of the school.</p> <p>Citizenship To know if you treat people with respect then this will be reciprocated.</p> <p>To know a citizen is a person who is part of a community.</p> <p>To know community has a shared group of interests or values.</p> <p>To know it is not okay to exclude someone from your community because of their race, gender or age.</p>	<p>Key skills Rules and routines To be able to follow the group plan.</p> <p>To be able to make expected choices.</p> <p>To be able to follow the rules of Year 3.</p> <p>To be able to speak to a trusted adult if they do not feel safe in school or at home.</p> <p>Citizenship To be able to demonstrate in behaviour that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</p>	<p>Key knowledge Managing risks To know that risk is a situation involving exposing to danger.</p> <p>To know danger is the possibility of suffering harm or injury.</p> <p>To know a hazard is a danger or a risk.</p> <p>To know they can talk to an appropriate adult if they are in a risky situation.</p>	<p>Key skills Managing risks To be able to talk to an appropriate adult if they are in a risky situation.</p> <p>To be able to identify potential risks in familiar situation.</p> <p>To be able to identify whether a risk is appropriate for them to manage themselves.</p>	<p>Key knowledge Secrets To know privacy is the right to be left alone, or freedom from interference or intrusion.</p> <p>To know if someone tells you something that involves them being in danger, it is important to tell someone.</p> <p>To know if they need advice, they can talk to an appropriate adult.</p> <p>To know some parts of our body are inappropriate for others to touch.</p> <p>To understand the concept of privacy and the implications of it for both children and adults, including that it is not always right to keep secrets if they relate to being safe.</p>	<p>Key skills Secrets To be able to identify when something is okay to be kept a secret and that it is not always right to keep secrets if they relate to being safe.</p> <p>To be able to identify and recognise where to get advice (e.g. family, school and/or other sources).</p> <p>To be able to identify different types of touch that people like and do not like, and that some people do not like to be touched at all.</p> <p>To be able to understand personal space.</p> <p>To be able to discuss ways of dealing with unwanted touch and use them if needed.</p>	<p>Key knowledge Family differences To know families come in all shapes and sizes.</p> <p>To know families are important for children growing up because they can give love, security and stability.</p> <p>To know the characteristics of healthy family life: commitment to each other, including in times of difficulty; protection and care for children and other family members; the importance of spending time together and sharing each other’s lives.</p> <p>To know and understand that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.</p> <p>To know that marriage (available to both opposite and same sex couples) and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p>	<p>Key skills Family differences To be able to find similarities and differences between their family and other families.</p> <p>To be able to identify different types of families and what makes them special.</p> <p>To be able to know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>To be able to show respect to their family and other people’s families.</p>	<p>Key knowledge First aid – Serious bleeding To know if someone gets cut, they bleed because the heart is pumping blood around the body.</p> <p>To know losing too much blood can be dangerous.</p> <p>To know putting pressure on the wound will prevent blood loss.</p> <p>To know using clean clothing or material will prevent infection.</p> <p>To know removing sharp objects from wounds can be dangerous.</p> <p>To know recap of DRS ABC.</p> <p>Body positivity To know that racism is when a person is treated badly because they have a different skin colour, they have different religious beliefs, or they speak a different language.</p> <p>To know racist behaviour affects people negatively in many ways and should not be tolerated.</p> <p>To know to talk to a trusted adult if you are affected by this or think that someone else is affected.</p>	<p>Key skills First aid – Serious bleeding If you see someone who is bleeding seriously, to be able to:</p> <p>-Check for danger -Remove clothing covering the wound -Press down on the wound with a clean piece of material -Raise the wounded part of the body so it is higher than the heart -Cover the person with a coat or blanket and call 999 or 112 -Never remove sharp objects from wounds.</p> <p>Body positivity To be able to learn how you can act with solidarity towards others.</p> <p>To be able to identify and celebrate our differences.</p>
<p>Key vocabulary Rules and routines assembly classroom expected behaviour help playground respect routines rules safe transitions trust unexpected behaviour values</p>		<p>Citizenship ageism belonging citizenship community fair racism respect sexism society</p>	<p>Secrets advice danger interference personal bubble personal space privacy secrets touch unwanted</p>	<p>Family differences bisexual differences family gay lesbian loyalty marriage partner respect similarities single parents stepparent straight trust</p>	<p>Body positivity allyship ethnicity racism solidarity support teams unfairly</p>	<p>Managing risks adult appropriate danger harm hazard injury risk safe trusted adult</p>	<p>Self-esteem achievement negative pressure persuade pressure self-esteem</p>	<p>First aid – Serious bleeding bleeding danger wounded</p>		

