



PHSE

Year 3

Rights and Respect



Concepts

Equality Identity
Climate Sustainability

Aspirational People



Martin Lewis, CBE

Martin Lewis is known as the 'Money Saving Expert.' He regularly appears on T.V and advises people on how to save money and reduce their bills.



- There are lots of people that help us stay safe and healthy, for example:
 - a Lollipop Lady/Man helps us to cross the road
 - a lifeguard keeps us safe in the swimming pool
 - a doctor helps us stay healthy
- People can have different opinions, but the facts remain the same.
- Volunteers are people who give their time for free to make a positive change.
- There are times that we cannot buy things we want straight away, instead we must save our money until we have enough.
- The earliest age children can have a job is 13.
- Not everyone who has a job earns the same amount of money; different jobs have different wages.
- There are a number of ways we can look after our school environment. These include:
 - waste recycling
 - saving energy
 - looking after plants around school

Fact

a fact is something that is true and cannot be argued with

Opinion

not everyone has the same opinion. Your opinion is what you think about something.

Volunteer

volunteers choose to work or give their time free of charge, because they want to help make a positive change or difference to something.

Income

money received, especially on a regular basis, for work or through investments.

Saving

the money one has saved, especially through a bank or official scheme.

Spending

give (money) to pay for goods, services.

Environment

the air, water, and land in or on which people, animals and plants live.

Sticky
Knowledge

Subject Specific
Vocabulary



PHSE

Year 3

Growing and changing



Concepts

Equality Identity
 Climate Sustainability
 Legacy



Aspirational People

Pantosaurus is a character created by the NSPCC to help children understand the importance of the PANTS rule and appropriate physical contact.

- We have different relationships with different groups of people, for example, our parents, friends and teachers.
- Sometimes people come into our personal space and we need to ask them to move away.
- Remember the PANTS rule -
 - P** Privates are private
 - A** Always remember your body belongs to you
 - N** No means no
 - T** Talk about secrets that upset you
 - S** Speak up, someone can help
- Always tell a trusted person if you are touched in a way that makes you feel uncomfortable.
- When we feel unsafe, our body reacts in different ways. You may get butterflies in your stomach, feel hot or sick or sweaty.
- Mammals grow babies inside the mother until they are ready to be born
- Babies are made from two seeds; an egg from the female and a sperm from the male.

Relationship

the way in which two or more people or things are connected

Personal space

the distance from another person at which one feels comfortable when talking to or being next to that other person

Appropriate

suitable or proper in the circumstances

Trust

to believe that someone is good and honest and will not harm you

Secret

something that is kept or meant to be kept unknown or unseen by others

Surprise

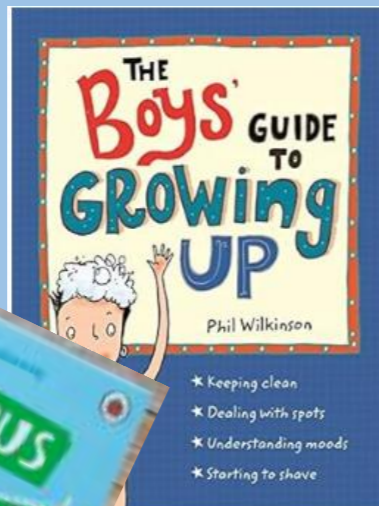
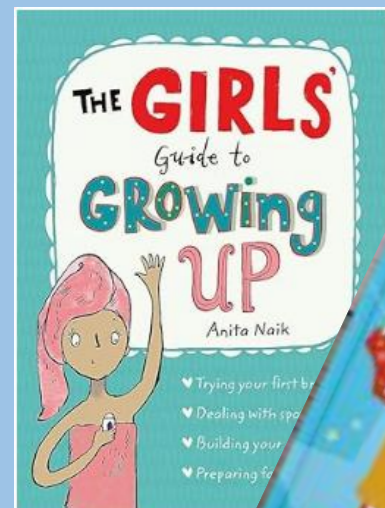
an unexpected or astonishing event or fact

Puberty

the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction

Sticky
 Knowledge

Subject Specific
 Vocabulary

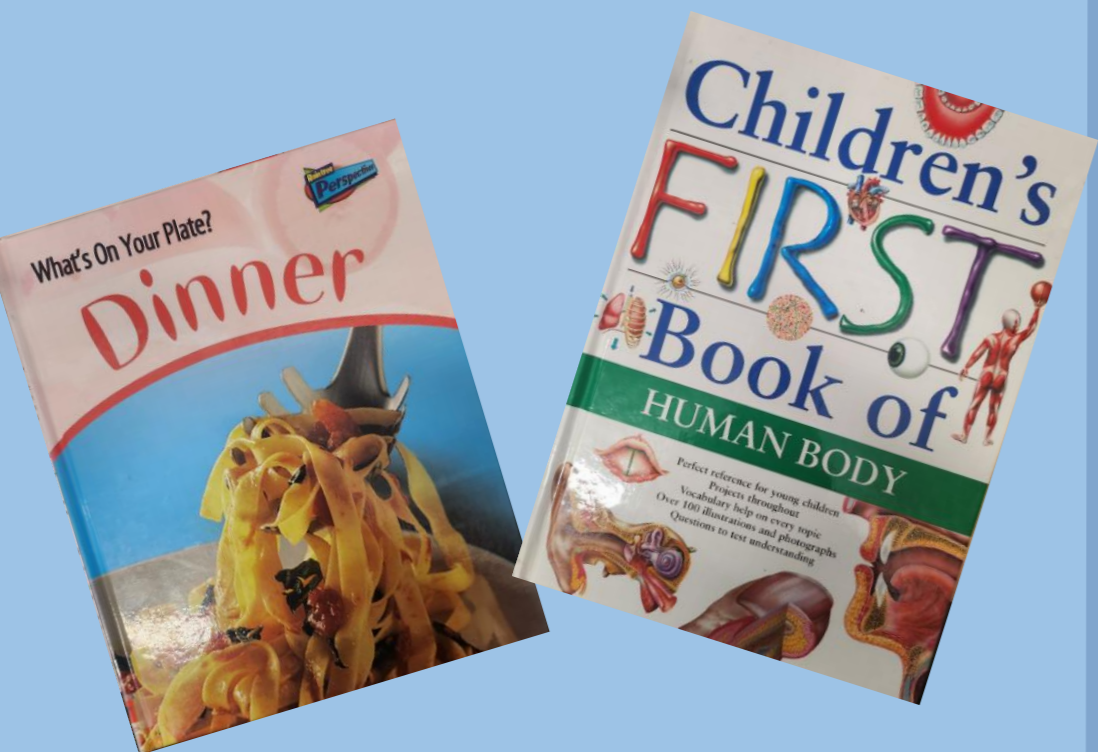




PHSE

Year 3

Being My Best



Concepts

Equality Identity
Climate Sustainability



Aspirational People

Dr Ranj Singh

Dr Ranj is a paediatric (children's) doctor. He presented the cbeebies show 'Get Well Soon', which teaches children about common health issues.

- A healthy, balanced meal should contain food from each of the 5 main food groups:
 - Fruit and vegetables
 - Carbohydrates
 - Dairy
 - Fats and oils
 - Proteins
- Infectious illnesses are spread from one person to another.
- Simple hygiene routines, such as washing our hands, can help reduce the risk of spreading infectious illnesses.
- Our major internal body parts are:
 - Heart
 - Blood
 - Lungs
 - Stomach
 - Small and large intestines
 - Liver
 - Brain
- The heart pumps blood all the way round the body. It needs energy to work properly and gets this from the food, water and oxygen we put into the body.
- During a debate, you must use persuasive language, evidence and facts to prove your argument is best.
- In a debate, you can challenge the other person's ideas, but you should not be rude to them.

Balanced diet

A healthy, balanced diet is a diet that maintains or improves health, and includes food from the 5 main food groups.

Infectious

A disease able to be passed from one person to another.

Hygiene

A set of practices performed to preserve health.

Debate

A way for people with different views to argue against each other in an organised way.

Recommendation

Advice telling someone what the best thing to do is.

Achievement

A thing done successfully with effort, skill or courage.

Talent

Natural aptitude or skill.

Sticky
Knowledge

Subject Specific
Vocabulary



PHSE

Year 3

Keeping Safe



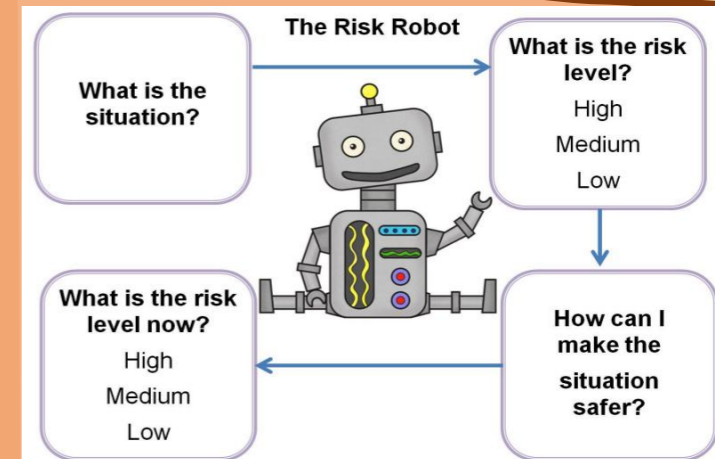
Concepts:

Equality Identity

Belonging Freedom

- ✦ Children and adults can both find themselves in unsafe situations.
- ✦ When we feel unsafe, we sometimes get butterflies in our stomach, a dry throat or feel shaky.
- ✦ There are 6 steps we should follow when weighing up a risky situation.
 1. Stop
 2. Take a breath
 3. Weigh up the consequences
 4. Think
 5. Think again
 6. Decide
- ✦ Medicines are not automatically 'good' drugs – they need to be used carefully according to their instructions.
- ✦ There are laws in place to keep people safe from the effects of alcohol and cigarettes.
- ✦ Nicotine (found in cigarettes) and alcohol are both drugs.
- ✦ Peer pressure refers to a situation in which we may feel like we want to do something bad because people we look up to are doing it.

Sticky
Knowledge



Safe

a minimal chance that dangerous things can happen to us

Unsafe

a higher chance of dangerous things happening to us

Danger

a threat to someone in some way

Risk

when you weigh up the danger and make a decision about what to do

Drug

a substance that people take to change the way they think, feel or behave

Medicine

drugs which are designed to be helpful to the body when used properly and safely

Alcohol & Cigarettes

alcohol and nicotine (found in cigarettes) are both harmful substances and can cause negative health issues

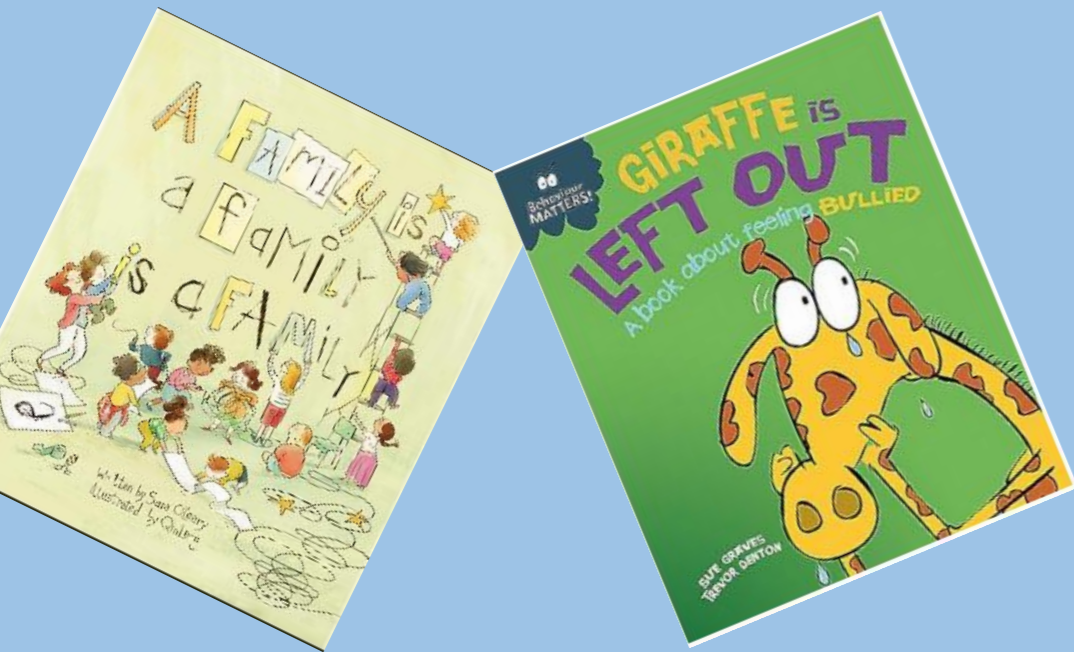
Subject Specific
Vocabulary



PHSE

Year 3

Valuing Difference



Concepts

Equality Identity



Aspirational People

Angelina Jolie

Angelina Jolie is an American actress, filmmaker and humanitarian. Whilst at school, she was bullied for her appearance. She has 6 children, 3 adopted children and 3 biological children. Her 3 adopted children were born in Cambodia, Vietnam and Ethiopia. She campaigns for children's rights and education.

- ✦ I can give examples of how to respond to a person respectfully, even if I do not agree with their viewpoint.
- ✦ I recognise that there are many different types of family and understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.'
- ✦ I can define the term 'community' and identify the different communities that I belong to.
- ✦ I can identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds.
- ✦ I can recognise the factors that make people similar to and different from each other.
- ✦ I recognise that repeated name calling is a form of bullying and can suggest strategies for dealing with name calling.
- ✦ I can understand and explain some of the reasons why different people are bullied.

Respect

Due regard for the feelings, wishes, or rights of others.

Family

A family is a group of people who, in most cases, live together.

Tolerance

The ability or willingness to tolerate the existence of opinions or behaviour that one dislikes or disagrees with.

Diversity

The practice or quality of including or involving people from a range of different social and ethnic backgrounds and of different genders, sexual orientations, etc.

Community

A group of people living in the same place or having a particular characteristic in common.

Origin

A person's social background or ancestry.

Bullying

The use of force, coercion, hurtful teasing or threat, to abuse, aggressively dominate or intimidate. The behaviour is repeated, intentional and negative.

Sticky Knowledge

Subject Specific Vocabulary



PHSE

Year 3

Me and My Relationships



Concepts

Equality Identity



Aspirational People

Ant and Dec

Anthony McPartlin and Declan Donnelly are a TV presenting duo who have worked together for over 30 years. They began working as characters in a TV show in 1990 and soon became friends. They have won 22 'Best Presenter' awards whilst working together.

- I can explain why we have rules and give examples of different rules for different ages.
- I can suggest appropriate rules for a range of settings and consider the possible consequences of breaking the rules
- I can identify people I have a special relationship with.
- I can suggest strategies for maintaining a positive relationship with my special people.
- I can give some examples of how to resolve a conflict situation.
- I understand what is meant by cooperation.
- I can explain some of the feelings someone might have when they lose something important to them and understand that these feelings are normal.

Sticky Knowledge

Friendship

A relationship of mutual affection between people.

Relationships

The way people get on with each other/a close friendship or connection between two people.

Rules

A set of regulations or principles governing conduct.

Problem

A situation regarded as unwelcome or harmful and needing to be dealt with.

Cooperation

The action or process of working together to the same end.

Conflict

An active disagreement between people with opposing opinions.

Resolve

Settle or find a solution to a problem.

Subject Specific Vocabulary