



Year 3 PSHE Curriculum Objectives



Autumn – Families and Friendships	Spring - Happy, healthy and Safe	Summer - Respectful and Resilient
Know that family help us grow up and shape who we are	Know that we all may have different feelings and reactions in different scenarios	Know how to ask for help politely and when to ask for help
Know that you have choices when someone encourages you to do something that make you feel uncomfortable, that you can always say no.	Know how to describe feelings as positive and negative and how deal with negative feelings through talking, exercise and helping others.	Know to accept that no means no
Know the importance of friendships and think about how to start new friendships	Know who to turn to for advice in different situations	Know how to show our classmates respect
Know the effect that leaving others out has on their feelings	Know how to be assertive and when to stand up for yourself	Know that permission is a sign of a positive relationship
Know to solve resolve conflicts using Kelso's choices, and when to ask others for help	Know the importance of sleep for being happy and healthy children	Know why social media has age restrictions
Know that relationships are based on trust and how we can be more trustworthy	Know that we can all feel lonely sometimes and that there is always something we can do improve our situation	Know that bystanders can make decisions to help situations