

### Being Me in My World (Autumn 1)

- Setting personal goals
- Self-identity and worth
- Positivity in challenges
- Rules, rights and responsibilities
- Rewards and consequences
- Responsible choices
- Seeing things from others' perspectives

### Celebrating Difference (Autumn 2)

- Families and their differences
- Family conflict and how to manage it (child centred)
- Witnessing bullying and how to solve it
- Recognising how words can be hurtful
- Giving & receiving compliments

### Dreams and Goals (Spring 1)

- Difficult challenges and achieving success
- Dreams and ambition
- New challenges
- Motivation and enthusiasm
- Recognising and trying to overcome obstacles
- Evaluating learning processes
- Managing feelings
- Simple budgeting

### Changing Me (Summer 2)

- How babies grow
- Understanding a baby's needs
- Family stereotypes
- Challenging my ideas
- Preparing for transition

# Year 3

# PSHE/RSE

### Relationships (Summer 1)

- Family roles and responsibilities
- Friendship and negotiation
- Keeping safe online and who to go to for help
- Being a global citizen
- Being aware of how my choices affect others
- Awareness of how other children have different lives
- Expressing appreciation for family and friends.

### Healthy Me (Spring 2)

- Exercise
- Fitness challenges
- Food labelling and healthy swaps
- Attitudes towards drugs
- Keeping safe and why its important online and offline
- Scenarios
- Respect for myself and others

