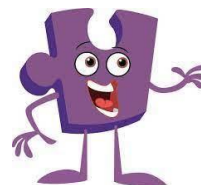


Year 3

Autumn 1



Being me in my world

Knowledge organiser- PSHE



Puzzle Outcomes

- I value myself and know how to make someone else feel welcome and valued.
- I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions.
- I know how to make others feel valued.
- I understand that my behaviour brings rewards/consequences.
- I can work cooperatively in a group.
- I am choosing to follow the Learning Charter.

Reflective Questions

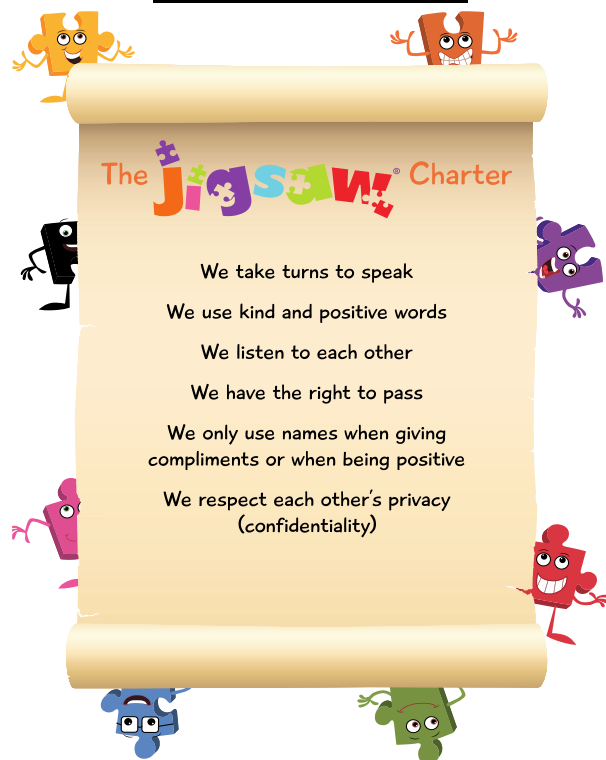
- ☺ Do you know how and when you learn best?
- ☺ Why is it important to feel valued/that we belong?
- ☺ What rights to we have in school?

What Makes Our School Great?

As good citizens it is important for us to recognise how our behaviour can affect how others feel and behave and to understand why it is important to have rules and how that helps us and others in our school to learn.

It equally important for us to feel a valued member of the school.

Jigsaw Learning Charter

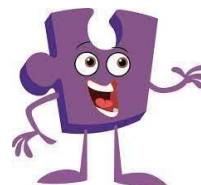


Key Vocabulary

Acknowledge	To accept, admit or recognise something, or the truth or existence of something
Affirm	To state something as true. To publicly show your support for an opinion or idea.
Co-operate	To act or work together for a particular purpose, or to be helpful by doing what someone asks you to do.
Emotional resilience	How you cope in different and difficult situations.
Fairness	The quality of treating people equally or in a way that is right or reasonable.
Frustrated	Feeling or expressing distress and annoyance resulting from an inability to change or achieve something.
Mental	Relating to the mind.
Personal goal	Set by an individual to achieve objectives.
Physical	Relating to the body.
Relationships	The way in which two or more people are connected. This can be friendship
Relaxed	Free from tension and anxiety.
Solution	The answer to a problem.
Stereotypes	A widely held but fixed and oversimplified image or idea of a particular type of person or thing.
Valued	Useful and important.

Year 3

Autumn 2



Celebrating Differences

Knowledge organiser- PSHE



Puzzle Outcomes

- I understand that everyone's family is different and important to them.
- I understand that differences and conflicts sometimes happen amongst family members.
- I know what it means to be a witness to bullying and I know some ways of helping to make someone who is bullied feel better.
- I know that witnesses can make a situation better or worse and problem-solving is needed.
- I recognise that some words are used in hurtful ways and I try not to use them.
- I can tell you about a time when my words affected someone's feelings and what the consequences were.

Reflective Questions

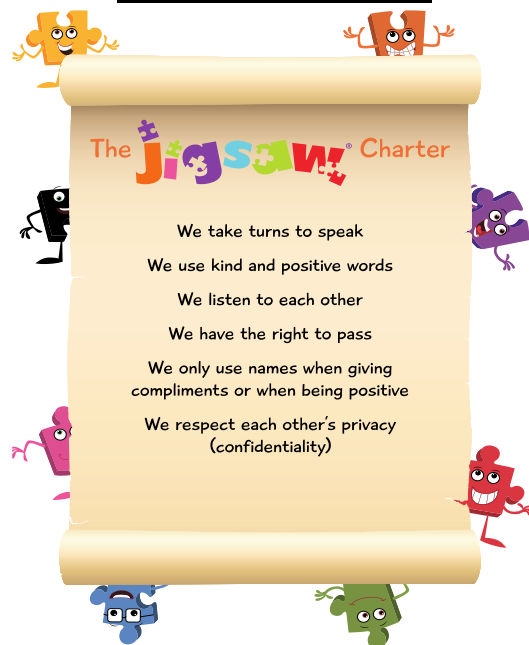
- ☺ What makes a family?
- ☺ What makes yours important to you?
- ☺ How can conflicts be resolved?
- ☺ How would a bystander feel if they saw bullying?

What Makes Our School Great?

As good citizens it is important for us to understand how everyone's family is different but equally as important as ours.

We also need to understand that words can be hurtful, and our actions create consequences.

Jigsaw Learning Charter



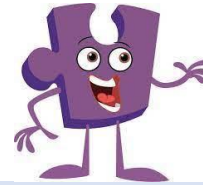
Key Vocabulary

Bully	Someone who looks to hurt or harm others who they consider vulnerable/easy to target.
Bystander	Person who is present at an event but does not take part.
Compliment	A polite expression of praise or admiration.
Conflict	A disagreement or argument.
Connected	Associated or related to something.
Consequences	A result or an effect which can sometimes be unpleasant.
Difference	A point or way in which people or things are not the same.
Gay	People who love other people of the same gender e.g. a man loving a man or a woman loving a woman
Resolve	To find a decision or an end to something.
Solutions	The act or process of answering a problem or question.
Similarities	Some things but not all are the same.
Special	Better, greater or different from usual.
Unique	Something or someone who is important and special.



Year 3

Spring 1



Dreams and Goals

Knowledge organiser- PSHE



Puzzle Outcomes

- I can tell you about someone who has faced difficulty but achieved success.
- I respect people who overcome obstacles to achieve success.
- I can identify a dream which is important to me and how I will feel when I achieve it.
- I enjoy new learning challenges and can break them down into smaller steps to achieve a result.
- I am motivated and enthusiastic about new challenges and know it is my responsibility to achieve it.
- I can manage obstacles which may stop me achieving and I know how to deal with disappointment and frustration.
- I can evaluate my own learning process and can reflect on how I could do it differently next time.

Reflective Questions

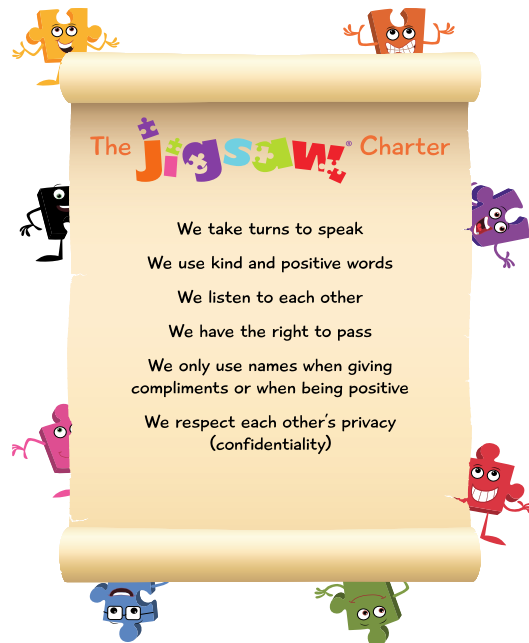
- ☺ How can you overcome obstacles to achieve success?
- ☺ What can you do when something is difficult?
- ☺ How does it feel to achieve success?

What Makes Our School Great?

As good citizens it is important for us to understand that it can be difficult to achieve success but learning different ways to accomplish it feels worthwhile.

We can understand that managing obstacles and dealing well with disappointment will help us to achieve success.

Jigsaw Learning Charter



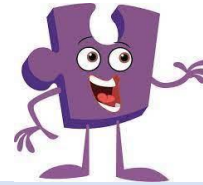
Key Vocabulary

Ambitions	A strong desire to do or achieve something.
Aspiration	A hope or ambition to achieve something.
Celebrate	Acknowledge a significant event or achievement.
Challenges	To take part in something which pushes you to achieve.
Cooperation	To work together to achieve an end goal.
Dream	An aspiration, idea, or something greatly desired.
Enthusiastic	To show great enjoyment or interest in something.
Evaluate	To form an assessment of something.
Frustration	The feeling of being upset or annoyed when unable to achieve or change something.
Goal	The object of a person's ambition or effort to aim for a desired result.
Motivated	A continued desire to accomplish something.
Perseverance	Continue to do something even if it is difficult or success is delayed.
Solutions	Solving a problem or dealing with a difficult situation.
Success	The accomplishment of an aim or purpose.



Year 3

Spring 2



Healthy Me

Knowledge organiser- PSHE



Puzzle Outcomes

- I know how exercise affects my body and why my heart and lungs are such important organs. I can set myself a fitness challenge.
- I know that the amount of calories, fat and sugar I put into my body will affect my health so know I have to make the right choice.
- I can identify drugs and tell you about my attitude towards them.
- Identify things, people, and places that I need to keep safe from and know strategies for keeping safe and who to go to for help.
- I can take responsibility for myself and others to keep safe and know how it feels to be safe/unsafe.
- I understand how complex my body is and how important it is to take care of it and have respect for it.

Reflective Questions

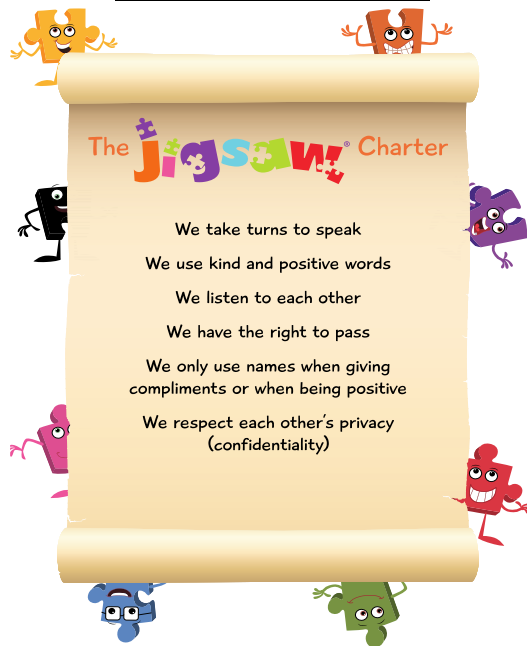
- ☺ How does exercise affect your body?
- ☺ What do your heart and lungs do?
- ☺ What drugs do you know about and how do you feel about them?
- ☺ How important is it to feel safe?

What Makes Our School Great?

As good citizens it is important for us to understand that we must make the right choices with our health and treat our bodies with respect.

We can understand that taking responsibility for ourselves and others helps us to feel safe and we know how to continue to identify strategies to keep safe.

Jigsaw Learning Charter



Key Vocabulary

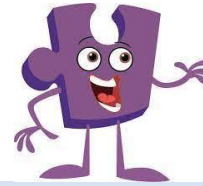
Anxious	Feeling or showing worry, nervousness or concern about something.
Appreciate	Recognise the full worth of something.
Attitude	A way of thinking or feeling about something.
Calories	A unit of energy used in food/nutrition.
Choice	An act of choosing between two or more possibilities.
Complex	Consisting of many different and connected parts.
Drugs	A medicine or other substance which has an affect on the body and/or mind.
Fat (and saturated fat)	A fuel source and way of storing energy in the body.
Harmful	Causing pain or distress.
Oxygen	A colourless, odourless gas.
Risk	A situation involving an exposure to danger.
Safe	Protected from or not exposed to danger.
Scared	To be fearful or frightened.



HEALTHY LIFESTYLE

Year 3

Summer 1



Relationships

Knowledge organiser- PSHE



Puzzle Outcomes

- I know that different family members have different roles and responsibilities.
- I know that gender stereotypes can be unfair.
- I know some of the skills to be a good friend e.g. taking turns, being a good listener etc.
- I know some strategies to keep safe online and how to access help if anything I see is worrying to me.
- I know how some of the actions and work of people in the world affects me and are connected to the global community.
- I understand how children have rights but how these can be similar and/or different around the world.

Reflective Questions

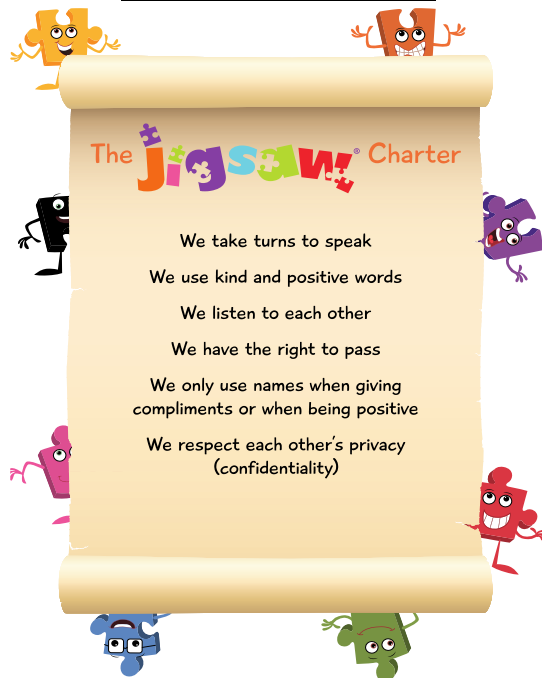
- ☺ What jobs do mummy and daddy do around the house?
- ☺ What makes a good friend?
- ☺ Can you think of a time when you were not good at sharing?
- ☺ What would you do if you saw something online you didn't like?

What Makes Our School Great?

As good citizens it is important for us to understand that men and women can have the same or different roles.

We can understand being safe online is very important and we need to understand that all children have the right to be safe.

Jigsaw Learning Charter



Key Vocabulary

Appreciation	The act of recognising that something is valuable or important.
Career	A series of jobs that you do during your life to earn money and progress.
Deprivation	A situation in which you do not have things or conditions that are necessary for a pleasant life.
Direct messaging	A private message sent on social media that only you and the other person can see.
Equality	Different groups of people receiving the same treatment.
Gaming	Playing games on computers or other electronic devices.
Job	Regular work that someone does sometimes for money.
Justice	Fairness in the way that people are treated.
Problem-solving	Finding a solution to a difficult situation.
Stereotype	A set idea that people have about what someone or something is like.
Social Media	Websites and computer programs that allow people to communicate and share information.
Unisex	Can be used by both males and females.
Unsafe	Not safe, feeling you need help.



Year 3

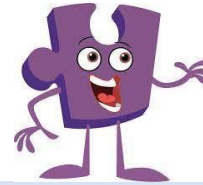
Summer 2



Puzzle Outcomes

- I know that animals and humans have lots of changes from conception to growing up.
- I know that in nature it is mostly the female that carries the baby.
- I know some of the changes a new baby can bring.
- I know that a male and female body changes during puberty.
- I can identify stereotypical gender roles and challenge them.
- I can suggest ways to help manage feelings about change which might make us feel anxious.

Jigsaw Learning Charter



Changing me

Knowledge organiser- PSHE



Reflective Questions

- ☺ Can you tell me about some of the changes that happen to a puppy or kitten?
- ☺ Can we talk about some of the changes that happen when you grow up?
- ☺ Do you have any questions about the changes that happen as you grow up?

What Makes Our School Great?

As good citizens it is important for us to understand that our body goes through lots of changes, especially during puberty.

We can feel anxious about change and it we have to learn ways to embrace change.

Key Vocabulary

Affection	A gentle feeling of fondness or liking.
Anxious	Feeling or showing worry, nervousness, or unease.
Birth	The arrival of a baby or other from its mother.
Egg	The female reproductive cells.
Nutrients	A substance that provides nourishment for healthy life and growth.
Ovaries	A female reproductive organ in which eggs are produced.
Penis	A male reproductive organ.
Puberty	A time when young adults bodies change, and they are capable of reproduction.
Sperm	The male reproductive cell that comes from the penis.
Uterus/Womb	A muscular organ that helps nourish the foetus prior to birth.
Vagina	A female genital organ (internal/inside).
Vulva	A female genital organ (external/outside)

