

An overview of PSHE in Year 3 – Spring Term 1

Our learning this term in PSHE will be about “Be Yourself”. Below you can read the overview of learning for this PSHE topic.



- **Pride**
Children will reflect on and celebrate their achievements, identify their strengths, areas for improvement as well as set high aspirations and goals. They will say the things about themselves that they are most proud of.
- **Feelings**
Children will learn what positively and negatively affects their physical, mental and emotional health. They will recognise and respond appropriately to a wider range of feelings in others. They will learn about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement. They will identify the feelings they have and describe how different emotions feel.
- **Express Yourself**
The children will learn to deepen their understanding of good and not-so-good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. They will recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them. They will describe different ways to cope with any uncomfortable feelings they may have and understand why this is important.
- **Know Your Mind**
Children will understand that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media. They will recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong. They will learn how to be assertive.
- **Media-Wise**
Children will explore and critique how the media present information. They will explore how images in the media (and online) do not always reflect reality and can affect how people feel about themselves. They will learn to recognise and challenge stereotypes. They will explore messages given by the media and decide if they are helpful or harmful.
- **Making It Right**
Children will reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals. They will discuss that actions affect themselves and others, and discuss ways to face new challenges positively by collecting information, looking for help, making responsible choices, and taking action. They will identify different strategies they can use if they make a mistake.