

## Knowledge

- I know how to set personal goals
- I know strategies to face new challenges positively
- I understand why rules are needed and how they relate to rights and responsibilities
- I understand that my actions affect myself and others
- I know what is considered a responsible choice
- I understand my behaviour brings rewards/consequences

## The Jigsaw! Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
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**Aman**

Aman's teacher has told everyone to work quietly at their tables. Aman has a very funny joke and wants to tell the everyone in his group.

*What should Aman do?*

**Zara**

Zara doesn't get along with a girl called Crystal who is in her year group. That evening Zara gets an unkind text message about Crystal that she finds funny. The message comes from a girl who Zara really wants to be friends with.

*What should Zara do?*

## Key Vocabulary



Responsibility



choice



achievement



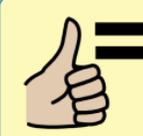
value



feelings



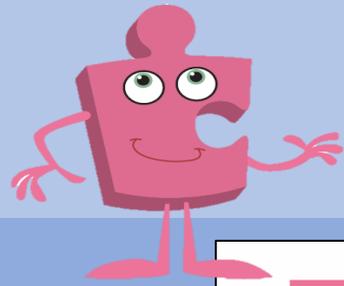
acknowledge



fairness



solution



*Knowledge*

I understand that everybody's family is different and important to them

I understand that differences and conflicts sometimes happen among family members

I know what it means to be a witness to bullying

I know that witnesses can make the situation better or worse by what they do

I recognise that some words are used in hurtful ways

I know some ways of helping to make someone who is bullied feel better



**The Jigsaw! Charter**

We take turns to speak

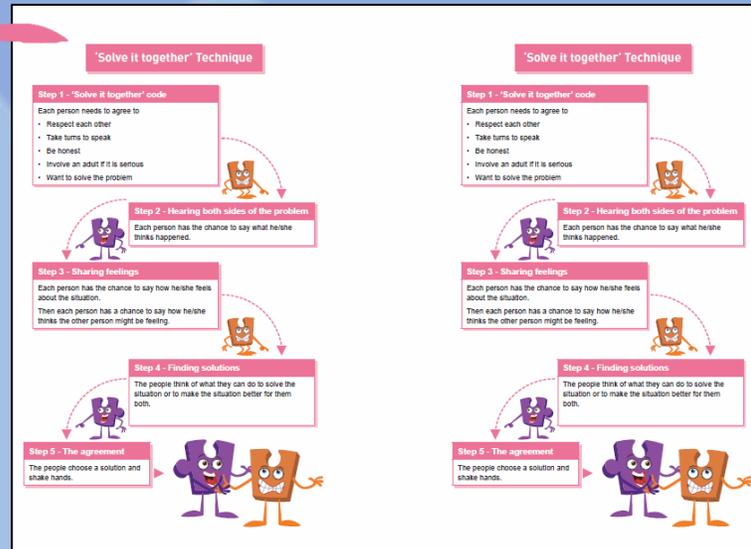
We use kind and positive words

We listen to each other

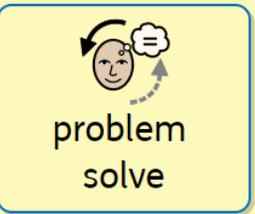
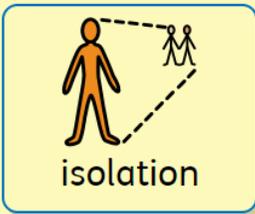
We have the right to pass

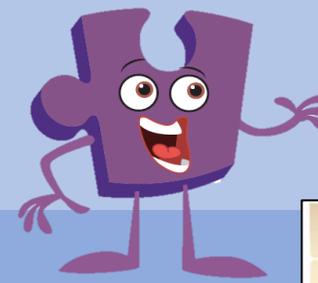
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*Key Vocabulary*





## Knowledge

I can tell you about a person who has faced difficult challenges and achieved success

I know what is meant by a dream/ambition

I understand that obstacles can hinder my achievement

I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge

- Introduce the person, their name and their challenge.
- Describe how the person feels about facing the challenge.
- Describe how the person achieves the challenge.
- Describe how the person feels when they have been successful



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## Invitation to The Banana Car Race



★ cars that zoom ★ groups that work together

How well will your group work together to complete the task?

## Key Vocabulary



frustration



steps



strengths



confidence



success



respect



## Knowledge

I understand how exercise affects my body and know why my heart and lungs are important organs

I know strategies and who to go to for help

I understand that some household substances, including medicine, can be harmful if not used correctly

I understand how complex my body is and how important it is to take care of it



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## Key Vocabulary



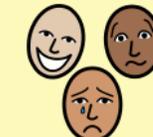
exercise



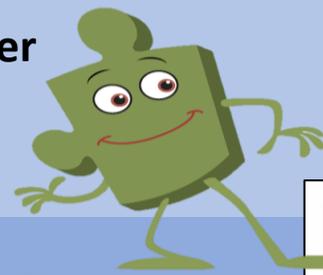
healthy



substances



emotions



## Knowledge

I can identify the roles and responsibilities of each member in my family and reflect of the expectations for males and females

I know some strategies to keep myself safe

I understand how my needs and rights are shared by children around the world and can identify how our lives might be different

I know how to show appreciation to friends and family

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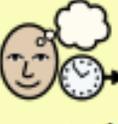
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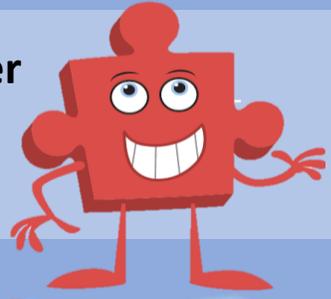
Only add people you know and trust in real life as friends.	Treat people online with respect.	Don't say unkind things to others online.
Only chat or message people who you know and trust in real life.	Don't give anyone your passwords.	If someone is asking you to keep a secret online, discuss this with an adult you trust. Some secrets are 'worry secrets' and should be shared.
Check out any new apps and websites you want to use with somebody you trust, and get permission to use them.	Don't send pictures of yourself, or give details like your age, school and address to people online. If someone online is asking, check it out with an adult first, it is not always safe.	If you are worried about anything you have done or seen online, don't keep it a secret. Talk to an adult you trust.

## Key Vocabulary

 friendship	 family	 influence
 expectation	 roles	 responsibilities



# PSHE Knowledge Organiser Year 3 Term 6: Changing Me



The Park  
Academies  
Trust

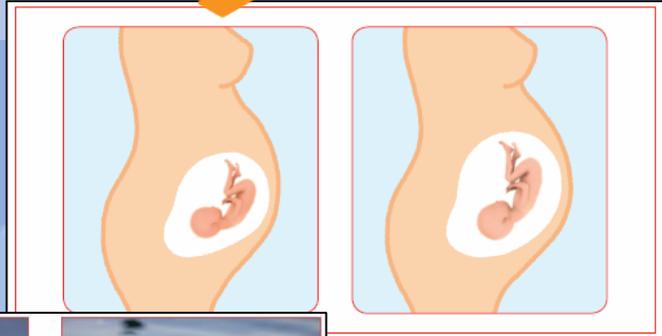
## Knowledge

- I understand lots of changes happen for humans and animals from conception and growing up
- I know it is usually the female who has a baby
- I understand how babies grow and develop in the mother's uterus
- I understand what a baby needs to live and grow
- I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies
- I can understand how boys' and girls' bodies change on the inside
- I can start to recognise stereotypical ideas I might have about parenting and family roles
- I understand that there will be a change when moving to Year 4



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