

Year 3 RSE / PSHE

PSHE = Jigsaw

RSE = TenTen

|        | Autumn 1<br>Being me in my world                                                                                                                                                                                                                                                                                                                            | Autumn 2<br>Celebrating difference                                                                                                                                                                                      | Spring 1<br>Dreams and goals                                                                                                                                                                                                                                                                                 | Spring 2<br>Healthy me                                                                                                                                                                                                                   | Summer 1<br>Relationships                                                                                                                                                                                                                                                                                                         | Summer 2<br>RSE                                        |
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| Week 1 | <p>PSHE - Jigsaw Lesson 1 getting to know each other.</p> <ul style="list-style-type: none"> <li>Recognise my worth and can identify positive things about myself and my achievements</li> <li>Can set personal goals</li> <li>Know how to use my Jigsaw Journal</li> <li>Value myself and know how to make someone else feel welcome and valued</li> </ul> | <p>PSHE - Jigsaw Lesson 1 Families</p> <ul style="list-style-type: none"> <li>Understand that everybody's family is different and important to them</li> <li>Appreciate my family/the people who care for me</li> </ul> | <p>PSHE - Jigsaw Lesson 1 Dreams and Goals</p> <ul style="list-style-type: none"> <li>Can tell you about a person who faced difficult challenges and achieved success</li> <li>Can respect and admire people who overcome obstacles and achieve their dreams and goals (e.g., through disability)</li> </ul> | <p>PSHE - Jigsaw Lesson 1 Healthy me</p> <ul style="list-style-type: none"> <li>Understand how exercise affects my body and know why my heart and lungs are such important organs</li> <li>Can set myself a fitness challenge</li> </ul> | <ul style="list-style-type: none"> <li>PSHE - Jigsaw Lesson 1 Family roles and responsibilities</li> <li>Can identify the roles and responsibilities of each member of my family and reflect on the expectations for males and females</li> <li>Can describe how taking some responsibility in my family makes me feel</li> </ul> | <p>Module 1, unit, session 1 Story sessions Get up</p> |

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| Week<br>2 | <p>RSE Module 1, unit 3, session 1</p> <p>What am I feeling?</p> <p>That emotions change as they grow up.</p> <p>About the range and intensity of their feelings and that 'feelings' are not good guides for action.</p> <p>Feelings are neither good or bad, but information about what we are experiencing that help us consider how to act.</p> <p>What 'emotional well-being' means and that positive actions and talking to trusted people enhance emotional well-being.</p> | <p>PSHE - Jigsaw Lesson 2 Family Conflict</p> <ul style="list-style-type: none"> <li>Understand that differences and conflicts sometimes happen among family members</li> <li>Know how to calm myself down and can use the 'Solve it together' technique</li> </ul> | <p>PSHE - Jigsaw Lesson 2 My Dreams and Ambitions</p> <ul style="list-style-type: none"> <li>Can identify a dream/ambition that is important to me</li> <li>Can imagine how I will feel when I achieve my dream/ambition</li> </ul> | <p>PSHE - Jigsaw Lesson 2 Food and Energy</p> <ul style="list-style-type: none"> <li>I <b>Know</b> that the number of calories, fat and sugar I put into my body will affect my health</li> <li>Know what it feels like to make a healthy choice</li> </ul> | <p>PSHE - Jigsaw Lesson 2 Friendship</p> <ul style="list-style-type: none"> <li>Can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener</li> <li>Know how to negotiate in conflict situations to try to find a win-win solution</li> </ul> | <p>Module 1, unit 2, session 1</p> <p>We don't have to be the same</p> <p>The children will recognise that people are unique and that our similarities and differences should be celebrated</p> |
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| Week<br>3 | <p>PSHE - Jigsaw Lesson 3<br/>Our dream school</p> <ul style="list-style-type: none"> <li>Understand why rules are needed and how they relate to rights and responsibilities</li> <li>Know how to make others feel valued</li> </ul> | <p>PSHE - Jigsaw Lesson 3 Witness and Feeling</p> <ul style="list-style-type: none"> <li>Know what it means to be a witness to bullying</li> <li>Know some ways of helping to make someone who is bullied feel better</li> </ul> | <p>PSHE - Jigsaw Lesson 3 Feeling safe helps me grow</p> <ul style="list-style-type: none"> <li>I can enjoy facing new learning challenges and working out the best ways for me to achieve them</li> <li>I know how to break down a goal into a number of steps and know how others could help me to achieve it</li> </ul> | <p>PSHE - Jigsaw Lesson 3<br/>What do I know about drugs?</p> <ul style="list-style-type: none"> <li>Can tell you my knowledge and attitude towards drugs</li> <li>Can identify how I feel towards drugs</li> </ul> | <p>PSHE - Jigsaw Lesson 3 global connections and thinking critically</p> <ul style="list-style-type: none"> <li>I know and can use some strategies for keeping myself safe online</li> <li>I know who to ask for help if I am worried or concerned about anything online</li> </ul> | <p>RSE<br/>Module 1,<br/>unit 2,<br/>session 2<br/>Respecting our bodies</p> <p>About the need to respect and look after their bodies as a gift from God what they eat and what they physically do.</p> |
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| Week 4 | <p>PSHE - Jigsaw Lesson 4<br/>Rewards and Consequences</p> <ul style="list-style-type: none"> <li>I understand that my actions affect myself and others and I care about other people's feelings</li> <li>I understand that my behaviour brings rewards/consequences</li> </ul> | <p>PSHE - Jigsaw Lesson 4<br/>Witness and Solution</p> <ul style="list-style-type: none"> <li>I know that witnesses can make the situation better or worse by what they do</li> <li>I can problem-solve a bullying situation with others</li> </ul> | <ul style="list-style-type: none"> <li>PSHE - Jigsaw Lesson 4 choices that help us grow.<br/><br/>Can be motivated and enthusiastic about achieving our new challenge</li> <li>Know that I am responsible for my own learning and that I can use my strengths as a learner to achieve the challenge</li> </ul> | <p>RSE Module 2, unit 3, session 1<br/>Sharing online</p> <p>To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</p> <p>How to use technology safely.</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others.</p> <p>How to report and get help if they encounter inappropriate materials or messages</p> | <p>RSE Module 2, unit , story session<br/>Jesus my friend</p> <p>That God loves, embraces, guides and forgives us; He reconciles us with Him and one another.</p> <p>The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness.</p> <p>That relationships take time and effort to sustain.<br/>We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.</p> | <p>RSE Module 1, unit 3, session 2<br/>What am I looking at?</p> <p>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</p> |
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| Week<br>5 | <p>PSHE - Jigsaw Lesson 5</p> <p>Our Learning Charter</p> <ul style="list-style-type: none"> <li>• Can make responsible choices and take action</li> <li>• Can work cooperatively in a group</li> </ul> | <p>PSHE - Jigsaw Lesson 5</p> <p>Words that hurt</p> <ul style="list-style-type: none"> <li>• Can recognise that some words are used in hurtful ways</li> <li>• Try hard not to use hurtful words (e.g. gay, fat)</li> </ul> | <p>PSHE - Jigsaw Lesson 5</p> <p>Our new challenge overcoming obstacles</p> <ul style="list-style-type: none"> <li>• Can recognise obstacles which might hinder my achievement and take steps to overcome them</li> <li>• Know how to manage the feelings of frustration that may arise when obstacles occur</li> </ul> | <p>RSE Module 2, unit 4, session 1</p> <p>Safe in in my Body</p> | <p>PSHE - Jigsaw Lesson 5</p> <p>Being a global citizen</p> <ul style="list-style-type: none"> <li>• I understand how my needs and rights are shared by children around the world and that everyone experiences difficult feelings sometimes</li> <li>• I can empathise with children whose lives are different to mine and know who I can talk to when I need help</li> </ul> | <p>RSE Module 1, unit 4, session 2</p> <p>A time for everything</p> |
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| Week<br>6 | <p>RSE Module 3, unit 1, session 1</p> <p>A community of love</p> <p>God is love as shown by the Holy Trinity - a communion of persons supporting each other in their self-giving relationship.</p> <p>The human family reflects the Holy Trinity in mutual charity and generosity.</p> <p>We are made in the image of God, which means we are made to love God and others, and be loved by God and others.</p> | <p>PSHE - Jigsaw Lesson 6 Celebrating differences</p> <ul style="list-style-type: none"> <li>• Can tell you about a time when my words affected someone's feelings and what the consequences were</li> <li>• Can give and receive compliments and know how this feels</li> </ul> | <p>PSHE - Jigsaw Lesson 6 Celebrating my learning</p> <ul style="list-style-type: none"> <li>• Can evaluate my own learning process and identify how it can be better next time</li> <li>• Can be confident in sharing my success with others and store my feelings in my internal treasure chest</li> </ul> | <p>PSHE - Jigsaw Lesson 6</p> <p>My Amazing body</p> <ul style="list-style-type: none"> <li>• Understand how complex my body is and how important it is to take care of it</li> <li>• Respect my body and appreciate what it does for me</li> </ul> | <p>PSHE - Jigsaw Lesson 6 Celebrating my web of friendship</p> <ul style="list-style-type: none"> <li>• Know how to express my appreciation to my friends and family</li> <li>• Enjoy being part of a family and friendship groups</li> </ul> | <p>RSE Module 2, unit 2, session 1</p> <p>Family friends and others</p> |
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| <b>Ages<br/>7-8</b> | Setting personal goals<br>Self-identity and worth<br>Positivity in challenges<br>Rules, rights and responsibilities<br>Rewards and consequences<br>Responsible choices<br>Seeing things from others' perspectives | Families and their differences<br>Family conflict and how to manage it (child-centred)<br>Witnessing bullying and how to solve it<br>Recognising how words can be hurtful<br>Giving and receiving compliments | Difficult challenges and achieving success<br>Dreams and ambitions<br>New challenges<br>Motivation and enthusiasm<br>Recognising and trying to overcome obstacles<br>Evaluating learning processes<br>Managing feelings<br>Simple budgeting | Exercise<br>Fitness challenges<br>Food labelling and healthy swaps<br>Attitudes towards drugs<br>Keeping safe and why it's important online and off line scenarios<br>Respect for myself and others<br>Healthy and safe choices | Family roles and responsibilities<br>Friendship and negotiation<br>Keeping safe online and who to go to for help<br>Being a global citizen<br>Being aware of how my choices affect others<br>Awareness of how other children have different lives<br>Expressing appreciation for family and friends |
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## Life to the Full - Overview

**Ten:Ten**  
Resources

### LKS2

| Stage       | Module 1<br>Created and Loved by God |                                                               |                                           |                                           | Module 2<br>Created to Love Others        |                                                   |                                     |                                                | Module 3<br>Created to Live in Community |                                           |
|-------------|--------------------------------------|---------------------------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|---------------------------------------------------|-------------------------------------|------------------------------------------------|------------------------------------------|-------------------------------------------|
| Topic       | Unit 1<br>Religious Understanding    | Unit 2<br>Me, My Body, My Health                              | Unit 3<br>Emotional Well-Being            | Unit 4<br>Life Cycles                     | Unit 1<br>Religious Understanding         | Unit 2<br>Personal Relationships                  | Unit 3<br>Life Online               | Unit 4<br>Keeping Safe                         | Unit 1<br>Religious Understanding        | Unit 2<br>Living in the Wider World       |
| <b>LKS2</b> | Unit Prayer & Assessment Activity    | Unit Prayer & Assessment Activity                             | Unit Prayer & Assessment Activity         | Unit Prayer & Assessment Activity         | Unit Prayer & Assessment Activity         | Unit Prayer & Assessment Activity                 | Unit Prayer & Assessment Activity   | Unit Prayer & Assessment Activity              | Unit Prayer & Assessment Activity        | Unit Prayer & Assessment Activity         |
|             | <b>Story Sessions</b><br>Get Up!     | <b>Session 1</b><br>We Don't Have to Be the Same              | <b>Session 1</b><br>What Am I Feeling?    | <b>Session 1</b><br>Life Cycles           | <b>Story Sessions</b><br>Jesus, My Friend | <b>Session 1</b><br>Family, Friends and Others... | <b>Session 1</b><br>Sharing Online  | <b>Session 1</b><br>Safe in My Body            | <b>Session 1</b><br>A Community of Love  | <b>Session 1</b><br>How Do I Love Others? |
|             | <b>Session 2</b><br>The Sacraments   | <b>Session 2</b><br>Respecting Our Bodies                     | <b>Session 2</b><br>What Am I Looking at? | <b>Session 2</b><br>A Time for Everything |                                           | <b>Session 2</b><br>When Things Feel Bad          | <b>Session 2</b><br>Chatting Online | <b>Session 2</b><br>Drugs, Alcohol and Tobacco | <b>Session 2</b><br>What is the Church?  |                                           |
|             |                                      | <b>Session 3</b><br>What is Puberty?                          | <b>Session 3</b><br>I am Thankful         |                                           |                                           |                                                   |                                     | <b>Session 3</b><br>First Aid Heroes           |                                          |                                           |
|             |                                      | <b>Session 4</b><br>Changing Bodies                           |                                           |                                           |                                           |                                                   |                                     |                                                |                                          |                                           |
|             |                                      | <b>Session 5</b><br>Male/ Female Discussion Groups (optional) |                                           |                                           |                                           |                                                   |                                     |                                                |                                          |                                           |