

YEAR 3  
AUTUMN 1

Long Meadow School PSHE Knowledge Organiser for:  
The core theme: Relationships  
The focus of the unit is: Safe relationships and understanding positive relationships



**Key Knowledge**

**Zones of regulation-** You will find more information on this in your class and in any class around the school. We need to manage our emotions in different situations. For example, in class, it is important to be able to focus on your work and give your best effort in learning tasks. When you are emotionally overwhelmed, this can be very difficult to do.


**Facing difficulties –** through life there are many different ways that you will experience something that is hard to understand or deal with. It is important that you know that no one expects you to deal with this on your own. Your family is there to help you, and by talking to them you can deal with how you feel.

**Even families face difficulties sometimes –** it is possible that you, or someone you know, has a problem within the family. For example, it could feel like you cannot talk about a difficulty if it involves a family member. You have people in school that you can talk to if you feel that your family cannot help. If anyone is causing you harm in any way, you have the right to be protected and be kept safe. *There is always an adult in school for you to talk to whenever you need to.*

**Useful sites**





Supermovers <https://www.bbc.co.uk/teach/supermovers/pshe-collection/zng8vk7>

Moodboosters <https://www.bbc.co.uk/teach/moodboosters>




Progression of learning:

Before:	Now:	Next:
---------	------	-------

Vocabulary		
Words	Image	Meaning
Rules		Rules are a set of instructions and consequences that are established to help individuals, and whole communities, live and work together harmoniously.
Emotional regulation		How to recognise when you are feeling a certain way, especially if it not in line with the expectations of the environment you are in. This could be feeling afraid when you arrive at a party, getting angry during a football match, being very excited in class, or everything and anything in between!
Family		A group of people that are connected through their relationships with one another. They may or may not live together. They may or may not be related by birth. All families are different and many different combinations can make a family.
Support		Ways in which people help each other to deal with difficult situations, experiences or emotions. There are lots of people who can support you through difficulties, such as friends, family and trusted adults.

YEAR 3

AUTUMN 2

Long Meadow School PSHE Knowledge Organiser for:

The core theme: Relationships

The focus of the unit is: Safe relationships and understanding positive relationships



**Key Knowledge**

**What is bullying?** As our school slogan says; once is unkindness. This means that although you do not like what someone has done, it is not automatically bullying. If someone is repeatedly taking actions or saying things to make you feel unhappy or uncomfortable, this is classed as bullying. This can happen anywhere- in school, in clubs, at the park, at home, online and anywhere in between.

**Is it ok to say no?** Of course! Doing something for someone to make them happy should not make you feel bad. If someone asks you to say or do something you do not want to do, and they will not take no for an answer, report it.

**What do you do if you are unhappy or feel unsafe?** Finding someone to share how you feel is the best possible action. You may not want to talk, but you can always write them down and share in a letter. Think about who you would talk to if this ever happened to you.

**Who can you talk to in school if you feel unsafe or unhappy?**  
School has lots of adults you can talk to. The easiest to think of would be you teachers or LSAs. However, there are other adults in school that you may feel more comfortable to talk to, and this is ok. Consider talking to Miss Kidd, Mrs Evans, Mr Gray or Mrs Seller.

**Useful sites**

<https://www.bbc.co.uk/cbbc/curations/anti-bullying-week>



<https://anti-bullyingalliance.org.uk/>  **ANTI-BULLYING ALLIANCE**



**Progression of learning:**

Before:

Now:

Next:

**Vocabulary**

Words	Image	Meaning
Once is unkindness, twice is bullying.	Once is unkindness, twice is bullying	If someone is repeatedly taking actions or saying things to make you feel unhappy or uncomfortable, this is classed as bullying.
Saying no		You are able to say no to anything that makes you uncomfortable or puts you at risk of getting hurt.
Respect		People that respect you would want what is best for you. You know if someone is being respectful to you if they: <ul style="list-style-type: none"> <li>• Show good manners</li> <li>• Are thoughtful and kind</li> <li>• Listen to you</li> <li>• Find a way to compromise and share</li> </ul>



## Trusting the Internet

The **Internet** isn't owned by anyone and people can write whatever they want. When we read information **online**, it is important that we use a trusted source or check a few **websites** we feel confident that we can rely on.



## Kindness and Respect Online

It is important to show kindness and respect to others **online** and consider how our comments or reactions might make them feel.



## Personal Information

This is information that is special because it is about us. **Personal information** includes:

- our full name;
- our date of birth;
- our address;
- our phone number and email;
- our school name;
- bank account details.



It is very important that we don't share **personal information** with people we don't know. This helps to keep us safe **online**.



## Key Vocabulary

### offline

Activities we do when we are not using the **Internet**.

### personal information

Information that is about us.

### app

Short for 'application'. An application for a **computer** or mobile phone. This might be a game or a link to a **website**.

### website

Information on the **Internet** from an organisation or group.

Using the **Internet** Safely and Responsibly:

It is important that we use the **Internet** safely and responsibly. This means:

- use age-appropriate **websites** and games;
- talk to a trusted adult and agree what **websites** and **apps** can be used;




YEAR 3




SPRING 2




Long Meadow School PSHE Knowledge Organiser for:

The core theme: **Living in the Wider World**

The focus of the unit is: **Money, jobs and community**

Vocabulary		
Words	Image	Meaning
Legal/illegal		If something is legal, it is allowed by law. If it is not allowed, then it is illegal. The laws are set by the people that rule each country. Each country chooses what is and is not legal.
Society		A community, nation, or broad grouping of people having common traditions, institutions, and collective activities and interests.
Human rights		Human rights are the basic rights and freedoms that belong to every person in the world, from birth until death.

Vocabulary		
Words	Image	Meaning
Make a living		To earn the money needed for food, clothing, and any other things you need or might want to have.
Assume/assumption		To think that something is true or probably true without knowing that it is true.
Stereotypes		An assumption about what someone will do or how they will behave based on what social groups they belong to, such as race.

Vocabulary		
Words	Image	Meaning
Career		A career is a job that adults dedicate their life to doing. These jobs—such as lawyer, firefighter, or police officer—are what make a civilization work.
Achievements		Achievement is something that you've worked hard for and you earned. Accomplishing something and succeeding in getting better.
Experiences		Experience is knowledge or skill in a particular activity, which you have gained because you have done that job or activity for a long time. New experiences are done for the first time.



YEAR 3  
SUMMER 1

Long Meadow School PSHE Knowledge Organiser for:  
The core theme: Health and Wellbeing  
The focus of the unit is: Keeping safe, physical health and mental wellbeing



**Key Knowledge**

To know the strategies to maintain a balanced lifestyle and can explain the benefits of being healthy. To know that it is sometimes hard to maintain a balanced healthy lifestyle and where to go for support.



To know how to keep healthy by making healthy choices around food and making good decisions about exercise. To notice the benefits of keeping active and eating well.

To understand how to manage my feelings by naming things that affect me positive and negatively. How to use strategies to talk about how I feel and think of how others explain their feeling.



To give examples of when feelings might change or become stronger.

To know about managing risks and dangers around in my home and school giving examples of risks on the road and railways. To know key aspects of fire and firework safety.



**Vocabulary**

Words	Image	Meaning
Health		To be healthy means not to be sick. Your health is when your body, mind and getting on with others is complete.
Risk		A possibility of loss or injury.
Safety		How to be protected from or what is unlikely to cause danger, risk or injury.
Choices		The act of picking or deciding between two or more possibilities.
Feelings		Feelings are something we feel from within and inside ourselves.

Helpful website:

<https://www.healthforkids.co.uk/>



<https://www.childline.org.uk/>



<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

YEAR 3

SUMMER 2

Long Meadow School PSHE Knowledge Organiser for:  
The core theme: Health and Wellbeing  
The focus of the unit is: Transitions, SRE, Living in the Wider World



### Key Knowledge

To know what helps to make my identity and I can think of things I do that make me unique and I can write down what helps to form my identity.

To know my own personal strengths and what I can achieve and share with the others.

To understand what my doubts are or might be and know self-doubt does not always match my skills. I know that sometimes doubt can stop people from doing even better.

I know ways to manage when doubt creeps and understand what my doubts are or might be.

To understand and cope with changes as you move to Year 4 and I can think of people who can help me manage these changes.



Helpful website:

<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>



### Vocabulary

Words	Image	Meaning
identity	An illustration of a person's silhouette filled with colorful dots, standing on a platform.	Is the qualities, beliefs, personality traits, appearance, and/or expressions that characterize a person or group.
personality	An illustration of three children (two boys and one girl) talking and gesturing.	The enduring characteristics and behaviour that comprise a person's unique adjustment to life.
strengths	An illustration of a person with a star above their head and plus signs around them, symbolizing positive traits.	Character traits or skills that are considered positive.
value	An illustration of a person holding a large red sign that says 'VALUE' in white letters.	The importance or worth of somethings or someone.
contribution	An illustration of a hand dropping a coin into a slot, symbolizing giving or sharing.	The giving or supplying of something (such as money or time) as a part or share.
doubt	An illustration of a person with a large question mark above their head, symbolizing uncertainty.	The uncertainty of belief or opinion.
negative thoughts	An illustration of a person with a cloud of dark, swirling shapes above their head, representing negative thoughts.	The thoughts that cause us to slip, lose hope or that stand in the way of improving your health.
cope	An illustration of a person in a meditative pose (yogi) with colorful circles around them, symbolizing coping mechanisms.	To deal with and attempt to overcome problems and difficulties.