




























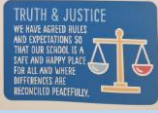










PHSE Medium term plan Year 3:

Jigsaw Lesson/ Project evolve lesson/ Anti-racism education

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Additional
Autumn 1	<p>Jigsaw – Being me in my world: Lesson 1</p> <p>I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals I value myself and know how to make someone else feel welcome and valued</p> 	<p>Jigsaw – Being me in my world: Lesson 2</p> <p>I can face new challenges positively, make responsible choices and ask for help when I need it I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions</p> 	<p>Jigsaw – Being me in my world: Lesson 3</p> <p>I understand why rules are needed and how they relate to rights and responsibilities I know how to make others feel valued</p> 	<p>Jigsaw – Being me in my world: Lesson 4</p> <p>I understand that my actions affect myself and others and I care about other people’s feelings I understand that my behaviour brings rewards/consequences</p> 	<p>Project evolve: Self-image and identity lesson 1 and 2:</p> <p>I can explain what is meant by the term ‘identity’ I can explain how people can represent themselves in different ways online</p> 	<p>Project evolve: Self-image and identity lesson 3:</p> <p>I can explain ways in which someone might change their identity depending on what they are doing online (e.g. gaming; using an avatar; social media) and why.</p> 	<p>(Jigsaw lesson 5 first week to write learning charter for the class)</p> <p>Dark nights assembly</p>
	<p>Jigsaw – Celebrating differences Lesson 1</p> <p>I understand that everybody’s family is different and important to them I appreciate my family/the people who care for me</p> 	<p>Jigsaw – Celebrating differences Lesson 2</p> <p>I understand that differences and conflicts sometimes happen among family members I know how to calm myself down and can use the ‘Solve it together’ technique</p> 	<p>Jigsaw – Celebrating differences Lesson 3 and lesson 4</p> <p>I know what it means to be a witness to bullying I know some ways of helping to make someone who is bullied feel better I know that witnesses can make the situation better or worse by what they do I can problem-solve a bullying situation with others</p> 	<p>Jigsaw – Celebrating differences Lesson 5</p> <p>I recognise that some words are used in hurtful ways I try hard not to use hurtful words (e.g. gay, fat)</p> 	<p>Project evolve: Online bullying Lesson 1</p> <p>I can describe appropriate ways to behave towards other people online and why this is important.</p> 	<p>Project evolve: Online bullying Lesson 2</p> <p>I can give examples of how bullying behaviour could appear online and how someone can get support.</p> 	<p>NSPCC Speak out video assembly (45 mins) -Anti-bullying week (Jigsaw lesson 3 and on-line bullying will cover this) -Remembrance (Super 70)</p> <p>Road safety week (Optional jigsaw lesson) identify ways to keep myself safe travelling to and from school, including road safety value myself and my own opinions</p>
Autumn 2							

Spring 1	<p>Jigsaw – Dreams and Goals Lesson 2</p> <p>I can identify a dream/ambition that is important to me I can imagine how I will feel when I achieve my dream/ambition</p> 	<p>Jigsaw – Dreams and Goals Lesson 3</p> <p>I enjoy facing new learning challenges and working out the best ways for me to achieve them I can break down a goal into a number of steps and know how others could help me to achieve it</p> 	<p>Jigsaw – Dreams and Goals Lesson 4 and 5</p> <p>I can be motivated and enthusiastic about achieving our new challenge I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge I can recognise obstacles which might hinder my achievement and take steps to overcome them I know how to manage the feelings of frustration that may arise when obstacles occur</p> 	<p>Project evolve: Copyright and ownership lesson 1</p> <p>I can explain why copying someone else’s work from the internet without permission isn’t fair and can explain what problems this might cause.</p> 	<p>Anti-Racism education: Lesson 1 talking about race and racism</p> <p>Understand that race refers to the groups we are placed in because of how we look.</p> 	<p>Anti-Racism education: Lesson 2 defining anti-racism</p> <p>Know and understand what it means to be anti-racism</p> 	
Spring 2	<p>Jigsaw Healthy Me – Lesson 1</p> <p>I understand how exercise affects my body and know why my heart and lungs are such important organs I can set myself a fitness challenge</p> 	<p>Jigsaw Healthy Me – Lesson 2</p> <p>I know that the amount of calories, fat and sugar I put into my body will affect my health I know what it feels like to make a healthy choice</p> 	<p>Jigsaw Healthy Me – Lesson 3</p> <p>I can tell you my knowledge and attitude towards drugs I can identify how I feel towards drugs</p> 	<p>Jigsaw Healthy Me – Lesson 4</p> <p>I can identify things, people and places that I need to keep safe from I know some strategies for keeping myself safe, who to go to for help and how to call emergency services I can express how being anxious or scared feels</p> 	<p>Jigsaw Healthy Me – Lesson 5</p> <p>I can identify when something feels safe or unsafe I can take responsibility for keeping myself and others safe</p> 	<p>Project evolve: Health, well-being and lifestyle Lesson 1</p> <p>I can explain why spending too much time using technology can sometimes have a negative impact on anyone; I can give some examples of both positive and negative activities where it is easy to spend a lot of time engaged</p> 	<p>Project evolve: Health, well-being and lifestyle Lesson 2</p> <p>I can explain why some online activities have age restrictions, why it is important to follow them and know who I can talk to if others pressure me to watch or do something online that makes me feel uncomfortable (e.g. age restricted gaming or web sites)</p> 

<p>Summer 1</p>	<p>Jigsaw Relationships lesson 1</p> <p>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females I can describe how taking some responsibility in my family makes me feel</p> 	<p>Jigsaw Relationships lesson 2</p> <p>I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener I know how to negotiate in conflict situations to try to find a win-win solution</p> 	<p>Jigsaw Relationships lesson 4 and 5</p> <p>I can explain how some of the actions and work of people around the world help and influence my life I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. I can show an awareness of how this could affect my choices I can empathise with children whose lives are different to mine and appreciate what I may learn from them</p> 	<p>Project evolve – Online relationships lesson 1 and 2</p> <p>I can describe ways people who have similar likes and interests can get together online. I can explain what it means to ‘know someone’ online and why this might be different from knowing someone offline.</p> 	<p>Project evolve – Online relationships lesson 3 and 4</p> <p>I can explain what is meant by ‘trusting someone online’, why this is different from ‘liking someone online’, and why it is important to be careful about who to trust online including what information and content they are trusted with. I can explain why someone may change their mind about trusting anyone with something if they feel nervous, uncomfortable or worried.</p> 	<p>Project evolve – Online relationships lesson 5 and 6</p> <p>I can explain how someone’s feelings can be hurt by what is said or written online. I can explain the importance of giving and gaining permission before sharing things online; how the principles of sharing online is the same as sharing offline e.g. sharing images and videos</p> 	<p>Anti-Racism education lesson 3:</p> <p>Understand what systemic racism is and the impact it has</p> 
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Summer 2</p>	<p>Jigsaw Changing me Lesson 1</p> <p>I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby I can express how I feel when I see babies or baby animals</p> 	<p>Jigsaw Changing me Lesson 2</p> <p>I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow I can express how I might feel if I had a new baby in my family</p> 	<p>Jigsaw Changing me Lesson 3</p> <p>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process I recognise how I feel about these changes happening to me and know how to cope with those feelings</p> 	<p>Jigsaw Changing me Lesson 4</p> <p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up I recognise how I feel about these changes happening to me and know how to cope with these feelings</p> 	<p>Jigsaw Changing me Lesson 5</p> <p>I can start to recognise stereotypical ideas I might have about parenting and family roles I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</p> 	<p>Anti-Racism education lesson 4:</p> <p>Understand that some of my views and opinions may be a result of racial socialization</p> 	<p>Big talk education every 2 years</p> <p>First aid</p>
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