

Year 3 Knowledge Organiser- RSHE



My feelings

Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.



My body

Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.



My relationships

Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.

Key Vocabulary

Penis

Vulva

Hygiene

Explaining that in this lesson we will be learning about why it is important to be proud of ourselves. Our views about ourselves can change over time but it is important to be kind to ourselves. We will think about the things we are good at as well as the parts of our personality we are proud of. Reassure pupils that it is good to feel good about yourself!

Explaining to pupils that in this lesson they will be learning about the human body. This will include how the body might change as people grow up and how bodies are all different. Reassure pupils that whilst they may find using correct scientific terminology for the body uncomfortable to start with, it is important to have a common language when talking about the body so everyone is clear what is being discussed. It is also good to become confident to use the correct scientific words comfortably.

Explaining that in this lesson we will be learning about a wide range of relationships. A relationship describes how people are connected to each other. They may be connected by blood such as a parent or brother/sister, through marriage/civil partnership, by choosing to spend time with and care for each other, such as a friendship or when in a relationship and have chosen not to get married or enter a civil partnership. Reassure pupils that all Relationships are valuable if they are meaningful to the people within them.