




Year 3 Autumn 1: PSHE Knowledge Mat

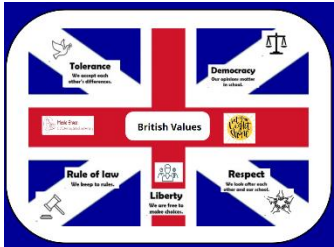




How to be a good friend

Key Vocabulary		Images	Core Knowledge
Friend	Someone you enjoy spending time with. You may share, play together and laugh together. Friends are great company and an often make you smile!		<ul style="list-style-type: none"> ➤ I know how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded. ➤ I know how to recognise if others are feeling lonely and excluded and strategies to include them. ➤ I know how to build good friendships, including identifying qualities that contribute to positive friendships. ➤ I know that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends. ➤ I know how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support.
Friendship	When two or more people often enjoy spending time together, trust each other and care for one another.		
Excluded	A person that was excluded from a game would be 'left out' and uninvited to play.		
Argument	A disagreement between two or more people. A person may dislike and think something different to another person.		
Positive	A happy, enjoyable friendship. Your friend makes you feel good inside and you like spending time with them.		
Negative	A friendship where you often fall out, make each other feel upset or feel uncomfortable.		
Support	Asking for <u>help</u> when you're unsure of how to deal with a problem.		
Wellbeing	The feeling of being happy, safe, comfortable, and healthy. This includes how you feel inside your head as well as how your body feels.		

Year 3 Spring 2: PSHE Knowledge Mat

Why should we keep active and sleep well?

Rule of Law

Key Vocabulary		Images	Core Knowledge
Rule of Law	The value and reasons behind laws. Rules protect us and we are responsible for following the rules. There are consequences when laws are broken.		<ul style="list-style-type: none"> ➤ I know physical activity benefits my body and my feelings. ➤ I know how to be active on a daily and weekly basis. ➤ I know there are influences that impact our physical activity. ➤ I know the benefits of choosing to do physical activity has on our bodies and mind. ➤ I know lack of physical activity can affect my health and well-being. ➤ I know how, when and where to ask for advice about healthy eating.
exercise	Any activity that requires some sort of physical effort of your body and is very important for your health. Example: running, football, dance or gymnastics.		
physical fitness	The ability to complete daily activities with good performance, endurance and strength.		
feelings	Something that we feel from within or inside ourselves. Feelings never remain the same for too long, they keep changing. There are different kinds of feelings that we experience. Sometimes we feel happy, sad, worried, lonely and so much more.		
Concentration	Being able to think carefully about something you are doing and nothing else.		
Mental health	Mental health means how you're feeling emotionally. Mental health affects how you think, feel and behave. Exercise has a good impact on your mental health.		

Year 3 Summer 1: PSHE Knowledge Mat

Families

Key Vocabulary		Images	Core Knowledge
Mutual Respect	Mutual respect is an understanding that we don't all share the same beliefs and values, but we respect each other all the same.		<ul style="list-style-type: none"> ➤ I know what a family is. ➤ I know that families can be different from each other. ➤ I know how common features of positive family life often include shared experiences ➤ I know that families often have lots of positive features. ➤ I know that these positive features stem from celebrations, special days or time with each other. ➤ I know how to identify features of my own positive family life. ➤ I know that families should care about each other. ➤ I know that caring for each other can be shown in a variety of ways. ➤ I know how to identify some ways that a family might care for each other. ➤ I know how to explain why it is important to feel cared for in a family. ➤ I know that families are not happy all of the time. ➤ I know that people show their emotions in different ways. ➤ I know what to do if something in my family is upsetting me. ➤ I know how to explain why it is important to talk about how you feel within your family.
Families	Every person is a part of a family. A family is people who are connected by biology, adoption, marriage, or emotional bonds. Families can look very different from each other, but all family members love and care for each other very much.		
Blended Family	A family made up of grown ups, the children they have had together, and their children from previous relationships (stepbrothers/sisters).		
Relationships	A relationship is how two or more people are connected.		
Husband	A male in marriage.		
Wife	A female in marriage.		
Same Sex Parents	A woman marries a woman or a man marries a man.		
Care	To be well looked after and feel safe and happy.		
Single-Parent Families	A family made up of one adult with a child or children. Sometimes 2 parents live separately, or you don't see one parent.		
Affection	Feeling liked, loved, and happy. Someone might say something kind, make you smile, give you a hug or show you love.		