

# PSHRE (Cycle A) | Years 3 & 4 | 2020-21

## Being Me

Setting personal goals  
 Self-identity and worth  
 Positivity in challenges  
 Rules, rights and responsibilities  
 Rewards and consequences  
 Responsible choices  
 Seeing things from others' perspectives

## Changing Me

How babies grow  
 Understanding a baby's needs  
 Outside body changes  
 Inside body changes  
 Challenging my ideas  
 Family stereotypes  
 Preparing for transition

## Healthy Me

Exercise Fitness challenges  
 Food labelling and healthy swaps  
 Attitudes towards drugs  
 Keeping safe and why it's important online and off line scenarios  
 Respect for myself and others  
 Healthy and safe choices

## Celebrating Difference

Families and their differences  
 Family conflict and how to manage it (child-centred)  
 Witnessing bullying and how to solve it  
 Recognising how words can be hurtful  
 Giving and receiving compliments.

## Dreams and Goals

Difficult challenges and achieving success  
 Dreams and ambitions  
 New challenges  
 Motivation and enthusiasm  
 Recognising and trying to overcome obstacles  
 Evaluating learning processes  
 Managing feelings  
 Simple budgeting

## Relationships

Family roles and responsibilities  
 Friendship and negotiation  
 Keeping safe online and who to go to for help  
 Being a global citizen  
 Being aware of how my choices affect others  
 Awareness of how other children have different lives  
 Expressing appreciation for family and friends