

PSHRE (Cycle A) | Years 3& 4 | 2022-23

Being Me

Helping others to feel welcome

Trying to make our school community a better place

Thinking about everyone's right to learn

Caring about other people's feelings

Working well with others

Our Learning Charter

Celebrating Difference

Accepting that everyone is different

Including others in work and play

Knowing how to help if someone is being bullied

Trying to solve problems

Trying to use kind words

Knowing how to give and receive compliments

Dreams and Goals

Staying motivated when facing a challenge

Dreams and ambitions

Breaking down goals into small steps

Having a positive attitude

Helping others achieve their goals

Celebrating our progress towards dreams and goals

Healthy Me

How exercise affects my body

Healthy balanced diet

Drugs and their effects

Being safe and asking for help

Keeping myself and others safe

How to keep calm and deal with difficult situations

Relationships

Family roles and responsibilities

Friendship skills

Online safety

Being a Global Citizen 1

Being a Global Citizen 2

My web of relationships

Changing Me

How babies grow

Understanding a baby's needs

Outside body changes

Inside body changes

Family stereotypes

Preparing for transition