

Year 3 Progression in PSHE

Resilience	Mental Wellbeing	Relationships	Relationships, Sex, Health Ed	Health Education	Caring Friendships	Living in the Wider World
<ul style="list-style-type: none"> • I will know what makes a resilient action • I will know how to recognise emotions that affect my actions • I know what to do in the Tornado Zone • I know how to react resiliently to an angry person • I will know how to get out of the Pit of Failure • I will know the two responses to a mistake 	<ul style="list-style-type: none"> • I will know who to talk to when I am feeling upset • I will know the different thought gremlins that affect me • I know the values that are important to me • I know how to show gratitude for the important things in my life • I know the challenges that impact on my life • I will know the habits that keep me healthy and boost my wellbeing 	<ul style="list-style-type: none"> • I will know the importance of family • I will know the danger signs in online relationships • I know the different types of bullying • I know how to collaborate • I know how to recognise stereotypes • I will know the causes of violence 	<ul style="list-style-type: none"> • I will know the positive qualities that build my self-esteem • I will know how my body changes and develops • I will know how to respond to unwanted physical contact 	<ul style="list-style-type: none"> • I will know how tiredness impacts on my actions • I will know the importance of fruit and vegetables • I know why exercise is good for us • I know how to stay safe on the internet • I know how to reduce the risk of hazards at home 	<ul style="list-style-type: none"> • I will know the difference between a healthy and unhealthy relationship. • I will know how to use empathy to understand what someone is feeling. • I will know the right time to report someone. • I will know why people are not always honest. • I will know how peer pressure can change behaviour. • I will know how to deal with conflict • 	<ul style="list-style-type: none"> • I will know how to recognise diversity. • I will know what happens when we do not care for the community. • I will know the skills and values needed for different jobs. • I will know that we buy things for different reasons. • I will know why losing can be painful. • I will know that change can be a positive thing.