

Year 3 PSHE Knowledge Organiser

Living in the Wider World

Rules

- We need different types of rules in a variety of situations. For example, we have rules at school.
- Sometimes rules keep us safe, but sometimes they need to be changed
- It is important to plan ahead and breaking rules can lead to consequences.

Different Communities

Community: a group of people living in the same place or having particular attitudes, interests or characteristics in common.

- It is important to be part of a **community** because humans are social animals.

Key Vocabulary

Physical, emotional, mental, wellbeing, self-awareness, health, responsible, nutrition, empathy, consideration, empathy, communication, collaborative, actions, consequence, community, puberty, independent



Relationships

Friendship

- It is important to be kind, caring and supportive to your friends.
- Most friendships will have their ups and downs but these can be worked through and repaired.
- It is important to listen to and speak to your friends in positive ways.
- We should always show fairness and consideration to others.

Clear messages/listening

Communicate: share or exchange information, news or ideas.

- It is important to **communicate** clearly and listen to each other, so effective communication can take place and things don't get misunderstood.

Working together and shared goals

Collaboratively: to work together on something with others.

- It is important to work **collaboratively** because it helps to uncover people's individual strengths and it can be easier to work towards a goal with others.
- When working **collaboratively** you need to sometimes spot problems and find ways of dealing with them.

Independent: working on something your own.

- Sometimes it is important to take the lead, prioritise actions and work **independently**.

Health and Wellbeing

Physical, emotional and mental well-being

Physical: our physical bodies

Emotional: our emotions

Mental: how we think, feel and act.

- We need to make sure we look after our well-being in a variety of ways (physically, emotionally and mentally).

Sleep

- Sleep is essential; we must make sure we get enough sleep in order to keep us alert, healthy and alive.

Before puberty

Puberty: when your body begins to develop and change.

- As we grow, changes happen in our bodies. These changes can be different for girls and for boys and can happen different times, depending on the individual.

How to help - emergency calls

- We need to call 999 when there is an emergency.
- An emergency is when a serious, unexpected and often dangerous situation requiring immediate action.

Balanced diet and exercise

Nutrition: the process of gaining the food necessary for health and growth

- We need a good balance of nutrition and physical exercise to be healthy.

Loss/separation

- It is important to empathise with others when they are experiencing a loss.

