Coley Primary School – Knowledge Organiser

SUBJECT FOCUS:	PSHE including RSE	YEAR 3	WHOLE SCHOOL YEAR

Families and Friendships

- There are different types of families.
- There are *single parent* families, *same sex* parents, *step parents*, *blended families*, *foster* and *adoptive* parents.
- Being part of a family should provide support, stability and love.
- Being part of a family means you can spend time with the people you love and care for each other.
- Families can support you in times of difficulty and also encourage you in the things you do.
- It is important to know who we can trust and talk to if a situation makes us feel uncomfortable or unsafe.

Safe Relationships and Personal Boundaries

- It is important to be a good friend and know the impact of hurtful behaviour.
- Bullying is hurtful behaviour and is unacceptable in any situation.
- It is important to speak to someone we trust if we have a worry about ourselves or someone we know.

Valuing Differences

Key Facts

- Respect means that you interact with someone in a way that shows that you care about their well-being and how they feel.
- When you **respect** someone, you treat them kindly and use good manners.
- Sometimes it means doing things for them or listening to their instructions.
- It is important to model in different situations.
- Everybody deserves to be treated with respect.
- It is important to be polite and always use your manners.
- the ways in which people show respect and courtesy in different cultures and in wider society can differ.

Key Words			
wellbeing	adoptive	consequence	unique
mental	blended	informal	stereotype
physical	habit	respect	laws
foster	community	sector	stability

Belonging to a Community

- A community is a group of people living or working together in the same area. People in communities might go to the same schools, shop in the same stores and do the same things. They also help each other and solve problems together.
- We have rules in society to keep us safe and ensure our rights.
- Rules can be for anyone.
- Some rules, such as those at school, are informal. We are expected to follow them and there may be a minor consequence if we don't.
- Some rules, such as those at school, are informal. We are expected to follow them and there may be a minor consequence if we don't.
- More important rules are called laws. If we break them, there may be more serious consequences, such as being made to pay a fine or being arrested.
- Adults at work may have to follow certain rules. These ensure they can do their job properly and that they are kept safe.
- Children have rules to follow at home, at school and elsewhere.
- These rules teach children the difference between right and wrong and how their actions can affect other people.
- A right that. all people are born with is called a human right. Many people now agree that there are many human rights. Some of the most basic **rights** are the right to live and the right to believe what one chooses. Many people think that a government should protect the human rights of all its people.
- With every right there is also a responsibility e.g. the right to an education and the responsibility to learn.

Physical Health and Mental Wellbeing Key Facts

- Mental wellbeing is an individual's level of psychological wellbeing which can affect a person's mood and their thoughts and can sometimes dictate their behaviour. Everybody has mental health, and it can be better, worse or fluctuate depending on the individual.
- Physical Health is defined as the condition of your body
- Physical health is critical for overall well-being, and can be affected by: Lifestyle: diet, level of physical activity, and behaviour (for instance, smoking)
- It is important to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)
- It is important to be aware of what can help people to make healthy choices and what might negatively influence them.
- A habit is a usual way of behaving, something that a person does often in a regular and repeated way.
- A habit can be maintained, changed or stopped.
- A healthy balanced diet should be eaten regularly to keep us both physically and mentally fit and strong.
- regular exercise such as walking or cycling has positive benefits for both our mental and physical health.
- Feelings can change overtime and become more or less powerful.

Growing and Changing

- We are all unique and this should be celebrated.
- Everybody has valuable contributions to make.
- Strengths and interests form part of a person's identity.
- It is important to voice our thoughts and feelings. This can help us manage our emotions and responses to situations.
- Self-confidence is how secure you feel in yourself and your abilities.

Keeping Safe Key Facts

- A **hazard** is a potential source of danger.
- It is important to follow safety rules from parents and other adults in order to keep safe.
- It is important to know how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen.
- It is important to know where to get help and who to ask for help.
- Sometimes, you might have to ask for help from an adult in a position of trust. For example, a shop worker or a security guard.
- In an emergency, you would need to get specialist help. For example, from a paramedic, a police officer or a firefighter.
- As we grow up and experience the world around us, we learn about hazards and how to keep ourselves and others safe.
- Even experiences that put us in danger or situations where we were harmed teach us something about how to stay safe in the future.

Money and Work

- Jobs that people may have can be from different sectors e.g. teachers, business people, charity work.
- People can have more than one job at once or over their lifetime.
- If you work hard and remained focus you can do any job you set your mind to.
- It is important to challenge stereotypes and become a role models in different fields of work.
- The interests, skills and achievements you have can inform your future job.
- Sometimes your hobby can become your job too.