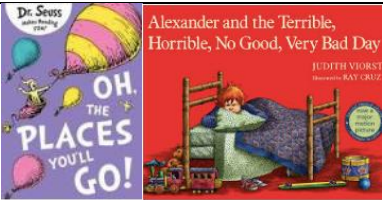

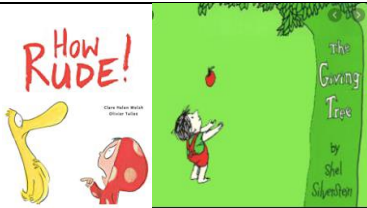



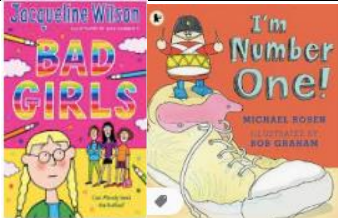

St Mary's Horsforth – Personal Development Knowledge Organiser – Year 3 – Autumn 1



PSHE and Relationship Education	Mindmate	Character Education
Mental health and emotional well being – strengths and challenges.	Life changes – life in KS2 new faces/new routines	Respect, courtesy and thankfulness
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> I know about the importance of special people in their lives. I understand how to make friends and who can help me with friendships. I can solve problems that might arise with friendships. 	<ul style="list-style-type: none"> Learn about change & loss & the associated feelings (including moving home, losing toys, pets or friends). Understand how it feels to lose something special. Describe times when people might feel loss. 	<ul style="list-style-type: none"> Classroom and school rules and how they help us. How we follow our rules. To say thank you when someone shares with me. I can recognise the simple things in life that God has created. I can thank God for the gifts and talents he has given me.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> I can celebrate achievements and set personal goals. I can deal with put-downs and respond appropriately. I know some positive ways to deal with setbacks. 	<ul style="list-style-type: none"> Understand the importance of being co-operative with others. Understand that change happens & can be challenging. Understand that adapting to change is key to developing emotional wellbeing. 	<ul style="list-style-type: none"> Why school rules are made and what happens if we break them? How to help to make a rule for our classroom. How to show respect and courtesy by being polite and using good manners towards everyone. How to take care of the things that God has given us. How to be thankful at Harvest time.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Celebrating, achievements, goals, positive, deal, setbacks	Cooperation, change, challenging, emotional well-being	Respect, courtesy, thankfulness, harvest, gifts, talents
Recommended books	Recommended books	Recommended books
		

St Mary's Horsforth – Personal Development Knowledge Organiser – Year 3 – Autumn 2



PSHE and Relationship Education	Mindmate	Character Education
Keeping safe and managing risk: Bullying – see it, say it, stop it.	Friends and family – Unkind behaviours	Hope & Patience
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> • Keeping safe in the home, including fire safety. • How to keep safe outside. • How to keep safe when crossing the road. 	<ul style="list-style-type: none"> • I recognise how my behaviour affects other people. • I understand the importance of being co-operative with others. 	<ul style="list-style-type: none"> • I know that in time things will be alright. • I can wait patiently showing self-control. • I can treat others with gentleness even during disagreements.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> • To recognise bullying and how it can make people feel. • The different types of bullying and how to respond to incidents of bullying. • What to do if I witness bullying. 	<ul style="list-style-type: none"> • Recognise what is fair & unfair, kind & unkind, what is right & wrong. • Recognise when people are being unkind either to me or others. • Learn what to do when someone is unfair or unkind. 	<ul style="list-style-type: none"> • I appreciate new experiences. • I know my positive personal strengths. • How to wait patiently. • How to show self-control. • I can treat other with gentleness even during disagreements at home and school. • I know I have a responsibility to show patience with others, at home and in school.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Bullying, incidents, witness, feeling, types, verbal, physical, online	Unfair, unkind, fair, unfair, right, wrong, actions, recognise	Hope, patience, responsibility, self-control, disagreements
Recommended books	Recommended books	Recommended books
		

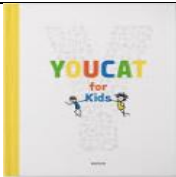


St Mary's Horsforth – Personal Development Knowledge Organiser – Year 3 – Spring 1



PSHE and Relationship Education	Mindmate	Character Education
Created and Loved by God Created to Love Others	Feeling good and being me – Goals and aspirations	Faith & Simplicity
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> We are all individually created by God to love and serve him. We are unique, with individual gifts, talents and skills. Girls and boys have been created by God to be both similar and different. Names for parts of bodies. Our bodies are a special gift from God that they need to look after. 	<ul style="list-style-type: none"> Learn from their experiences recognise & celebrate their strengths. Set simple but challenging goals. 	<ul style="list-style-type: none"> People can have Faith. I understand Faith helps us to Trust in God. I know that people have different Faiths and they people feel strength from their faith. I know that the world is full of amazing and wonderful things and I can share these. I know that I must develop an effective, caring relationship with the planet. There are different points of view.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness. Ways to maintain and develop good, positive, trusting relationships. Strategies to use when relationships go wrong. To learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond. 	<ul style="list-style-type: none"> Reflect on & celebrate their achievements & identify their strengths. Identify areas for improvement & set high aspirations & goals. 	<ul style="list-style-type: none"> God loves me and I trust God to take care of me. I ask God to guide in my life prayer. I can share my belief in God with others in class. My words and actions show my faith in God's love I know the importance of silent time with God. I know that people have different Faiths and they people feel strength from their faith I know that I must develop and caring relationship with the planet. I can see things from different points of view.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Forgiveness, harassment, exploitation, emotional abuse, trusting relationships	Reflect, celebrate, achievements, strengths, areas for improvement, aspirations	Faith, simplicity, silent, meditate, prayer
Recommended books	Recommended books	Recommended books




St Mary's Horsforth – Personal Development Knowledge Organiser – Year 3 – Spring 2



PSHE and Relationship Education	Mindmate	Character Education
Created and Loved by God Created to live in community	Strong emotions – strong emotions including anger	Charity & Forgiveness
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> • That we all have different 'tastes'. • Our good actions can 'form' our feelings and our character. • Simple strategies for managing feelings and for good behaviour. • That God is love. • That we have a duty of care for others and for the world we live in (charity work, recycling, etc.) 	<ul style="list-style-type: none"> • Describe how it feels to be sad/unhappy. • Express & share feelings of unhappiness. 	<ul style="list-style-type: none"> • I know that everyone is special and different. • I know the commandment 'Love One Another as I have loved you.' • I know that Charity is an act of love. • I know that with God's love I can change.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> • To describe some 'dos and don'ts' of sharing online. • That bad language and bad behaviour are inappropriate. • To judge well what kind of physical contact is acceptable or unacceptable and how to respond • The human family reflects the Holy Trinity in mutual charity and generosity. • The Church family comprises of home, school and parish (which is part of the diocese). 	<ul style="list-style-type: none"> • Recognise that that they may experience strong emotions such as anger. • Learn there are ways to cope with these strong emotions. 	<ul style="list-style-type: none"> • I show my love God through concern for others. • I know how to cope with some friendship problems.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Family, diocese, parish, inappropriate	Emotions, anger, coping mechanisms	Charity, Forgiveness, CAFOD, Christian Aid, cope
Recommended books	Recommended books	Recommended books
		

St Mary's Horsforth – Personal Development Knowledge Organiser – Year 3 – Summer 1



PSHE and Relationship Education	Mindmate	Character Education
Identity society and equality: Celebrating differences.	Being the same and being different differing opinions	Resilience/Perseverance and Kindness
Drug, alcohol and tobacco education: Tobacco is a drug.		
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> • What makes ourselves and others special. • Roles and responsibilities at home and school. • How to be cooperative with others. • Why medicines are taken. • Where medicines come from. • How to keep ourselves safe around medicines. 	<ul style="list-style-type: none"> • To start to understand empathy. • To start to empathise with others and how they may be feeling. 	<ul style="list-style-type: none"> • I know when we persevere people can depend on us to finish what we start • I know I can improve. • I understand the importance of keep trying • I know we are called to be kind to others because God is kind to us.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> • Valuing the similarities and differences between ourselves and others. • What is meant by community and belonging to groups. • The definition of a drug and that drugs (including medicines) can be harmful to people. • The effects and risks of smoking tobacco and second-hand smoke. • What help is available for people to remain smoke free or stop smoking. 	<ul style="list-style-type: none"> • How to play & work co-operatively with others. • Understand that people often need to play / work together to reach a shared outcome. • Share opinions on things that matter to us. 	<ul style="list-style-type: none"> • I can recognise when something is difficult. • I can identify situations where kindness is required.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Similarities, differences, community, belonging, groups. Drug, medicine, tobacco, help, smoking	Play, work, cooperative, understand, shared outcomes, opinions	Resilience, perseverance and kindness, situations
Recommended books	Recommended books	Recommended books
		

St Mary's Horsforth – Personal Development Knowledge Organiser – Year 3 – Summer 2



PSHE and Relationship Education	Mindmate	Character Education
<p>Physical health and wellbeing: what helps me choose? Careers, financial capability and economic wellbeing: Saving, spending and budgeting.</p>	<p>Solving problems/making it better – dealing with difficult situations</p>	<p>Honesty and Service</p>
<p>What should I already know?</p>	<p>What should I already know?</p>	<p>What should I already know?</p>
<ul style="list-style-type: none"> • How to eat well. • The importance of physical activity, sleep and rest. • People who help us to stay healthy and well and about basic health and hygiene routines. • Where money comes from and making choices when spending money. • Saving money and how to keep it safe. • The different jobs people do. 	<ul style="list-style-type: none"> • How to play and work co-operatively with others. • Understand that people often need to play / work together to reach a shared outcome. • Reflect on & celebrate their achievements • Identify their strengths & areas for improvements. 	<ul style="list-style-type: none"> • I understand that I should speak with kindness when I am honest. • I know that giving our time is part of serving others.
<p>What will I know at the end of the unit?</p>	<p>What will I know at the end of the unit?</p>	<p>What will I know at the end of the unit?</p>
<ul style="list-style-type: none"> • Making healthy choices about food and drinks. • How branding can affect what foods people choose to buy. • Keeping active and some of the challenges of this. • What influences people's choices about spending and saving money. • How people can keep track of their money • The world of work. 	<ul style="list-style-type: none"> • I understand that people often need to play / work together to reach a shared outcome even when they disagree. • I can begin to understand empathy & why people can be different (in behaviour & image). 	<ul style="list-style-type: none"> • I know I must be honest with myself. • I know my gifts and how to use them to serve others.
<p>Key Vocabulary</p>	<p>Key Vocabulary</p>	<p>Key Vocabulary</p>
<p>Healthy choices, diet, branding, active, choices, spending, saving, money, work</p>	<p>Play, work, together, shared outcome, disagree, empathy, difference</p>	<p>Honesty, service, helpfulness, kindness</p>
<p>Recommended books</p>	<p>Recommended books</p>	<p>Recommended books</p>
