

Personal strengths and achievements; managing and reframing setbacks

PoS Refs: H27, H28, H29

Key information

- It is important to voice our thoughts and feelings. This can help us manage our emotions and responses to situations.
- We are all unique and this should be celebrated.
- Everyone has valuable contributions to make.
- Strengths and interests form part of a person’s identity. We need to identify our own personal strengths and interests and what we’re proud of as well as things we enjoy (in school, out of school).
- I can ask for help if I need help with school work or friendships.

Useful links

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars>



I need help



- Wonder
- Enjoyment
- Love of Language
- Belonging
- Empathy
- Courage
- Kindness

Key Vocabulary

unique	Not the same as anything or anybody else.
identity	The set of qualities and beliefs that make one person or group different from others.
emotions	How we are feeling.
Self confidence	How secure you feel in yourself and your abilities.

Previous learning

Transition into a new class
 Know how they are feeling
 Knowing own strength and talents.

Knowledge Organiser PSHE including RSE
Year 3 Summer Health & Wellbeing – Keeping safe

Risks and hazards; safety in the local environment and unfamiliar places

PoS Refs: H38, H39, H41



Previous learning

CASE Programme

Know how to call the emergency services

- Wonder
- Enjoyment
- Love of Language
- Belonging**
- Empathy
- Courage**
- Kindness

Key information

- *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.*
- *Sometimes, you might have to ask for help from adult in a position of trust. For example, a shop worker or a security guard.*
- *As we grow up and experience the world around us, we learn about hazards and how to keep ourselves and others safe.*

Useful links

<https://classroom.thenational.academy/lessons/hazards-in-the-home-6mt68c>

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2>

Key Vocabulary

hazard	A potential source of danger.
emergency	When someone is in serious trouble or danger and needs help.
risk	A situation involving danger.
hazard	A danger or a risk.

In an emergency, you would need to get specialist help. For example, from a paramedic, a police officer or a firefighter.