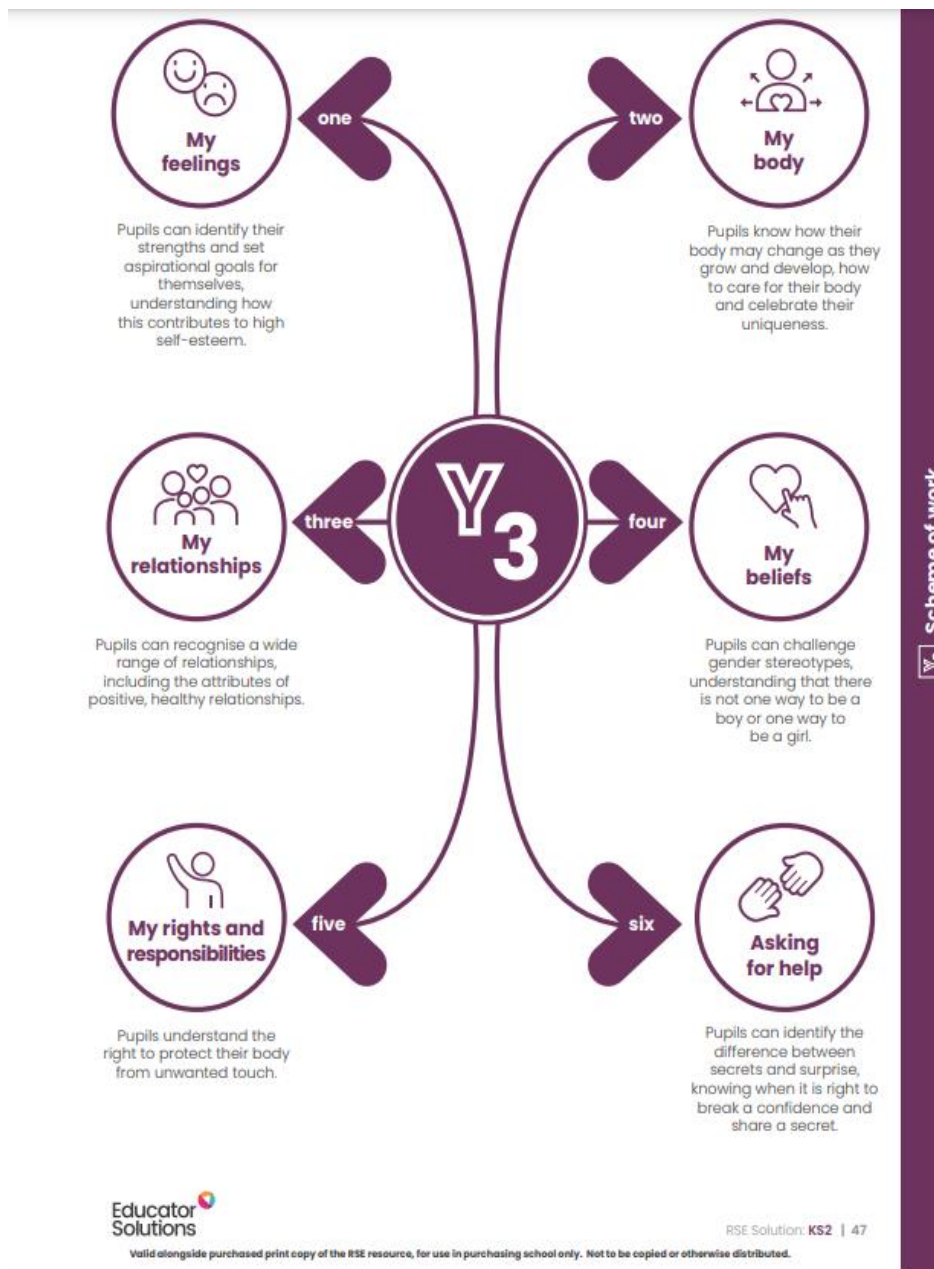




RSHE in Year 3



Key Vocabulary

aspiration
compliment
self-esteem
penis
vulva
hygiene
relationship
gender
stereotype
testicles
vagina



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Lesson one: My feelings



Lesson aim:

Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.



Learning outcomes:

- I understand the term self-esteem and know why it is important to have high self esteem
- I can recognise some of my strengths
- I have set an aspirational personal goal for myself

Lesson two: My body



Lesson aim:

Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.



Learning outcomes:

- I understand how my body might change as I grow and develop
- I can celebrate everybody's physical uniqueness
- I know how to keep my body clean and hygienic

Lesson three: My relationships



Lesson aim:

Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.



Learning outcomes:

- I know what a relationship is and the different types of relationships that people enjoy
- I can identify the different types of relationships that I am in
- I have considered ways people show that they care for each other within a relationship



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Lesson four: My beliefs



Lesson aim:

Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.



Learning outcomes:

- I have identified that there are ways in which some people believe that a boy should behave, and a girl should behave
- I recognise that girls and boys have lots of similarities
- I know that I can follow my aspirations, irrespective of the gender that I was born

Lesson five: My rights and responsibilities



Lesson aim:

Pupils understand the right to protect their body from unwanted touch.



Learning outcomes:

- I know that it is my right to decide who can touch my body
- I have thought about the reasons why some people may need to touch my body
- I know how to respond if someone touches my body without my permission

Lesson six: Asking for help



Lesson aim:

Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.



Learning outcomes:

- I can identify a secret and a surprise, understanding the difference
- I know that it is OK to keep a surprise and that it is important to share a secret
- I have considered ways of sharing a secret appropriately