



PSHE and RSE Knowledge Organiser

Year 3



Keeping and Staying Safe



Key Vocab

safe risk danger
community trust
stranger pressured
warning permission
Police Officer
paramedic ambulance
firefighter

By the end of the 'Staying Safe' and 'Leaning out of Windows' unit, I should know;

- ~ ways to keep myself and others safe
- ~ how to recognise risky situations (pay attention to how you feel, speak to a trusted adult before you make a decision)
- ~ who the trusted adults are around me (parents, carers, family, friends, teachers, doctors, nurses, Police officers, lifeguards)
- ~ the differences between safe and risky choices (a lady at the park says she has lots of puppies at her house and invites you back to see them, Dad is running late to collect you from a party and has called to say Aunt Jane will collect you)
- ~ how to recognise a range of warning signs
- ~ some of the dangers we might find at home (sharp knives, razors, medicines, chemicals, kettles, stairs, open windows, plug sockets, cables, blind cords)

Keeping and Staying Healthy



Key Vocab

healthy unhealthy
unwell disease
Doctor allergy
liquid medicine
tablets eye/ear
drops vaccine
asthma inhaler
vaccination

By the end of the 'Medicine' topic, I should know;

- ~ and understand the simple safety rules about medicine (medicines help us to feel better, they have to be stored safely and can only be given by a responsible, trusted adult)
- ~ when it is safe to take medicine (when we are ill, have an allergy)
- ~ who we can accept medicine from (responsible, trusted adult)
- ~ the differences between healthy and unhealthy choices

Relationships



Key Vocab

appropriate
inappropriate
communicate
privacy private parts
underwear vagina
penis respect
worried
uncomfortable

By the end of the 'Touch' topic, I should know;

- ~ the differences between appropriate and inappropriate touch (kicking, hugging, pushing, pinching, kissing, shaking hands)
- ~ why it is important to be about other people's feelings
- ~ and understand personal boundaries
- ~ who to ask for help and how (parent/carer, sibling, family member, friend, teacher, childline)
- ~ the names of human body parts (head, neck, shoulders, arms, chest, stomach, hands, knees, legs, feet, back, hip, bottom, ankle, vagina, penis)

Being Responsible



Key Vocab

stealing
borrowing
example
permission
responsible
irresponsible
possession
belongings

By the end of the 'Stealing' topic, I should know;

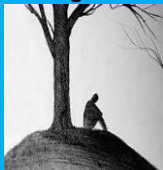
- ~ the differences between borrowing and stealing (using a friend's bike then giving it back, finding a lost wallet and keeping it)
- ~ how you might feel if something of yours is borrowed and not returned (upset, angry)
- ~ why it is wrong to steal (morally wrong, lose trust, causing hurt)
- ~ the differences between being responsible and irresponsible (treat other people's belongings the way the same way we would like them to treat ours)



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Feelings and Emotions  Key Vocab grief loss love died sadness anger worry loneliness confusion memories memory box <u>By the end of the 'Grief' topic, I should know;</u> ~ how to recognise and name emotions and their physical effects (sadness, anger, confusion, worry, loneliness) ~ the difference between pleasant and unpleasant emotions ~ a range of skills for coping with unpleasant/uncomfortable emotions (deep breaths, talk to a trusted adult/friend, write down how you're feeling, create a memory box filled with photo's/drawings/sentimental items. If a friend is grieving, say to them 'Sorry for your loss, I am here for you') ~ that feelings can be communicated with and without words (body language, sharing feelings)	Computer Safety  Key Vocab online chatroom safe risky dangers strangers unpleasant comfortable real life real world reply careful response report <u>By the end of the 'Making Friends Online' topic, I should know;</u> ~ the possible dangers and consequences of talking to strangers online ~ how to keep safe in online chatrooms (If you are worried, talk to a trusted adult, use website or app features such as delete, report or block, keep privacy settings up to date, only accept friend requests from people you know and trust) ~ the positives and negatives of using technology (games, fun, messages, learning purposes, strangers , risks) ~ differences between safe and risky choices online (Chatroom examples include 'It was great fun at dance tonight wasn't it?'/ 'I saw you at the park today. You don't know me but I want to meet you')	Our World  Key Vocab reduce reuse recycle environment carbon footprint carbon dioxide global warming harmful responsibility <u>By the end of 'Looking after our World' topics, I should know;</u> ~ the meaning of reduce, reuse and recycle • Reduce means to make the size/quantity smaller • Reuse means to use something more than once • Recycle means to use again or to convert waste into reusable material ~ how we can help to look after our planet ~ ways in which we can reduce the amount of water and electricity we use ~ how we can reduce our carbon footprint	Hazard Watch  Key Vocab hazard safe unsafe dangerous danger warning environments alcohol <u>By the end of the 'Is it safe to eat or drink/is it safe to play with?' topics, I should know;</u> ~ what items are safe to play with and what items are unsafe to play with (kettle, sharp knife, matches, razors) ~ Potential dangers in different environments (a syringe at the park, a garden pond, a toolbox in the garage/shed, a window blind in the bedroom) ~ what food and drink items are safe or unsafe to eat or drink (medicines, cleaning products/bleach, food that accidentally dropped on the floor, alcohol) ~ how to identify dangers that can affect others, for example younger siblings
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