



Enriching lives every day; enabling our school community to learn, achieve and flourish through living 'life in all its fullness'



Subject: PSHE

Year group: 3

Term: Summer

Unit name: Growing and changing. Personal strengths and achievements. Managing and reframing setbacks.

Notes: Much of this unit follows on from learning in year one.

Hope

I say this because I know what I have planned for you," says the Lord. "I have good plans for you. I don't plan to hurt you. I plan to give you hope and a good future.

Jeremiah 29:11

Main Concepts

- To know that everyone is an individual and has unique and valuable contributions to make.
- To recognise how strengths and interests form part of a person's identity.
- To identify their own personal strengths and interests and what they're proud of (in school and out of school).
- To recognise common challenges to self-worth, e.g. finding school work difficult, friendship issues.
- To know basic strategies to manage and reframe setbacks, e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again.

Possible outcomes– drama, leaflet, freeze frame photo, poster

Prior Knowledge

Children should already...

Be able to recognise what makes them special and unique (Y1).

Be able to recognise their likes/dislikes and what they are good at.

Be able to begin to manage their feelings and their responses.

Key Vocabulary

Unique, special, valuable, strength, weakness, pride, challenge, care, support, hard, difficult, setback, overcome, brave, strong.

How the children are to be taught this.

Refer back to real examples from the class when teaching this unit.

Use teacher judgment to decide whether this should be blocked to a day or taught over smaller sessions, dependent upon the cohort.

Use discretion to decide which parts of this unit can be taught by additional adults.