



Year 3 - Spring 1 - PSHE Knowledge Organiser

What I already know...

- How to keep fit by exercising..
- What a balanced diet is.
- The importance of sleep and rest.
- How to relax and take time out for myself.
- What makes me feel happy.

What I will learn...

- To know what health means—physical and mental.
- To know what makes a balanced and healthy lifestyle.
- To know the benefits of good mental and physical health.
- To know factors which might affect making healthy choices.
- To know about the benefits of the internet.
- To know how to manage time effectively to ensure a balance.
- To know which behaviours and strategies contribute to good mental health and wellbeing.

Key Vocabulary

physical	Relating to the body as opposed to the mind.
mental	Relating to the mind.
wellbeing	The state of being comfortable, healthy, or happy.
balanced	Having different elements in the correct proportions.
lifestyle	The way in which a person lives.
healthy	In a good physical or mental condition; in good health.

PSHE skills:.

Disciplinary Knowledge:skills I will learn...

- Listen carefully to others' thoughts and ideas
- Recognise self-worth
- Identify dreams / ambitions
- Be able to face a new challenge
- Recognise feelings of frustration and success
- Make other people feel valued
- Develop compassion and empathy for others
- Be able to work collaboratively



Making a difference at The Merton and beyond

Health and Wellbeing; healthy lifestyles (physical wellbeing) and mental health

This is our driving theme for this term. All of the subjects and topics we learn about this term will be linked to this theme giving it the importance and relevance it deserves. Children will be encouraged to think about mental health and physical wellbeing and what that means in this modern world..

They will explore ways to keep physically and mentally healthy, and safely share experiences. They will explore the potential barriers and how to overcome these with sensible, thoughtful choices. They will learn about the importance of balancing their time with a broad range of activities which can be tailored to suit each individual's needs.



Year 3 - Spring 2 - PSHE Knowledge Organiser

What I already know...

How families are all different and unique.
 How we can care for each other.
 How to identify emotions.
 How to ask for help and advice at school and at home.

What I will learn...

- To know that there are different types of families and relationships.
- To know the different ways people can care for each other.
- To know the shared features of a healthy family life.
- How to recognise if a family relationship is making them feel unhappy or unsafe.
- To know how to seek help or advice.

Key Vocabulary

family	A group of people related by blood or marriage.
relationship	The way in which two or more people are connected.
differences	A way in which people are not the same.
feature	An aspect of something.
advice	Guidance or recommendations offered with regard to future actions.
positive	The opposite of negative. Usually constructive, optimistic or confident.

PSHE skills:

Disciplinary Knowledge: skills I will learn...

- Listen carefully to others' thoughts and ideas
- Recognise self-worth
- Identify healthy and unhealthy things
- Make positive choices



Making a difference at The Merton and beyond

Relationships; families and close positive relationships

Children will explore family relationships and discuss what makes healthy positive families. They will see that these relationships may be together or apart and will be able to share their experiences in a safe environment.

They will be taught about the strategies they can use if they are unhappy and how to seek help, drawing links with work completed previously on online safety.

- Recognise feelings of fear and anxiety
- Make other people feel valued
- Develop compassion and empathy for others
- Be able to work collaboratively