

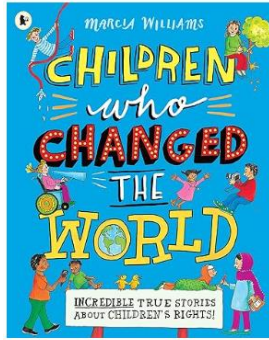
RSE

Year group: 3

Term: Summer

Growing and changing

Personal strengths and achievements;
managing and reframing setbacks



Topic overview

It's funny how day by day nothing changes, but when you look back, everything is different.

By the end of this unit,
I will be able to:

Prior knowledge

- about the human life cycle and how people grow from young to old
- how our needs and bodies change as we grow up
- to identify and name the main parts of the body including external genitalia (vagina and penis)
- about change as people grow up, including new opportunities and responsibilities
- preparing to move to a new class and setting goals for next year

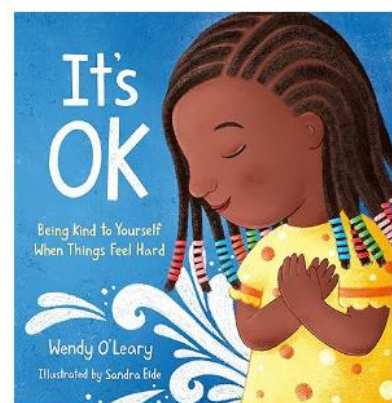
National Curriculum Objectives

By the end of primary school:

Pupils should know

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- the importance of self-respect and how this links to their own happiness.
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.

- 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
- how to identify their own personal strengths and interests and what they're proud of (in school, out of school)
- to recognise common challenges to self-worth e.g. finding school work difficult, friendship issues
- 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



Key vocabulary

Valuable, contributions, self-worth, setbacks, challenges, identity