

RSE Curriculum Map - Year 3 and 4

	Knowledge	Social and Emotional Skills	Key Questions	Key Vocabulary	Cross Curricular Links
	BEING ME IN MY WORLD - AUTUMN 1				
Year 3	<p>Understand that they are important</p> <p>Know what a personal goal is</p> <p>Understanding what a challenge is</p> <p>Know why rules are needed and how these relate to choices and consequences</p> <p>Know that actions can affect others' feelings</p> <p>Know that others may hold different views</p> <p>Know that the school has a shared set of values</p>	<p>Recognise self-worth</p> <p>Identify personal strengths</p> <p>Be able to set a personal goal</p> <p>Recognise feelings of happiness, sadness, worry and fear in themselves and others</p> <p>Make other people feel valued</p> <p>Develop compassion and empathy for others</p> <p>Be able to work collaboratively</p>	<p>What would your 'nightmare school' look, sound and feel like?</p> <p>What would your 'dream school' look, sound and feel like?</p> <p>What are emotions? Can you name some different ones?</p> <p>Can you give some examples of positive (helpful) choices that could lead to a reward?</p> <p>Why is making someone feel welcome an important skill?</p> <p>What are the Jigsaw Friends in your class called? How are the Jigsaw Friends used in your Jigsaw lessons</p> <p>Can you tell me about Calm Me time?</p>	<p>Welcome, Valued, Achievements, Proud, Pleased, Personal Goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Fears, Worries, Solutions, Support, Rights, Responsibilities, Learning Charter, Dream, Behaviour, Rewards, Consequences, Actions, Fairness, Choices, Co-Operate, Group Dynamics, Team Work, View Point, Ideal School, Belong.</p>	

Year 4	<p>Know how individual attitudes and actions make a difference to a class</p> <p>Know about the different roles in the school community</p> <p>Know their place in the school community</p> <p>Know what democracy is (applied to pupil voice in school)</p> <p>Know that their own actions affect themselves and others</p> <p>Know how groups work together to reach a consensus</p> <p>Know that having a voice and democracy benefits the school community</p>	<p>Identify the feelings associated with being included or excluded</p> <p>Can make others feel valued and included</p> <p>Be able to take on a role in a group discussion/task and contribute to the overall outcome</p> <p>Can make others feel cared for and welcomed</p> <p>Recognise the feelings of being motivated or unmotivated</p> <p>Understand why the school community benefits from a Learning Charter</p> <p>Be able to help friends make positive choices</p> <p>Know how to regulate my emotions</p>	<p>What makes an effective class team?</p> <p>How do all the different people in school work together so that it runs well? Does everyone have a role in school?</p> <p>Do you have choices about how to behave?</p> <p>How do rules, rewards and consequences help with this?</p> <p>What do you think democracy is? Can you give an example?</p> <p>What skills do you have that can help a team work well together?</p> <p>What are the Jigsaw Friends in your class called? How are the Jigsaw Friends used in your Jigsaw lessons?</p> <p>Can you tell me about Calm Me time?</p>	<p>Included, Excluded, Welcome, Valued, Team, Charter, Role, Job Description, School Community, Responsibility, Rights, Democracy, Democratic, Reward, Consequence, Decisions, Voting, Authority, Learning Charter, Contribution, Observer, UN Convention on Rights of Child (UNCRC).</p>	
CELEBRATING DIFFERENCE - AUTUMN 2					
Year 3	<p>Know why families are important</p> <p>Know that everybody's family is different</p> <p>Know that sometimes family members don't get along and some reasons for this</p> <p>Know that conflict is a normal part of relationships</p> <p>Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</p> <p>Know that some words are used in hurtful ways and that this can have consequences</p>	<p>Be able to show appreciation for their families, parents and carers</p> <p>Use the 'Solve it together' technique to calm and resolve conflicts with friends and family</p> <p>Empathise with people who are bullied</p> <p>Employ skills to support someone who is bullied</p> <p>Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary</p> <p>Be able to recognise, accept and give compliments</p> <p>Recognise feelings associated with receiving a compliment</p>	<p>What is the 'Solve it together' technique? How can it help solve a disagreement between two people?</p> <p>What is a bystander in a bullying situation? (A bystander is a witness not directly involved). How could a bystander make a bullying situation worse or better?</p> <p>What types of bullying do you know about?</p> <p>Where can someone get help if they were being bullied or witnessed bullying?</p> <p>How does it feel to give and receive a compliment?</p> <p>Can you explain how Calm Me time makes you feel?</p>	<p>Family, Loving, Caring, Safe, Connected, Difference, Special, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Unkind, Feelings, Tell, Consequences, Hurtful, Compliment, Unique.</p>	Anti-bullying week

Year 4	<p>Know that sometimes people make assumptions about a person because of the way they look or act</p> <p>Know there are influences that can affect how we judge a person or situation</p> <p>Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying</p> <p>Know what to do if they think bullying is, or might be taking place</p> <p>Know the reasons why witnesses sometimes join in with bullying and don't tell anyone</p> <p>Know that first impressions can change</p>	<p>Try to accept people for who they are</p> <p>Identify influences that have made them think or feel positively/negatively about a situation</p> <p>Identify feelings that a bystander might feel in a bullying situation</p> <p>Identify reasons why a bystander might join in with bullying</p> <p>Revisit the 'Solve it together' technique to practise conflict and bullying scenarios</p> <p>Identify their own uniqueness</p> <p>Be comfortable with the way they look</p> <p>Identify when a first impression they had was right or wrong</p> <p>Be non-judgemental about others who are different</p>	<p>What is an assumption? Are assumptions always right?</p> <p>What can influence us to make an unfair judgement about someone else?</p> <p>Is social media always helpful?</p> <p>What's good/ bad about social media?</p> <p>What is a stereotype? What stereotypes do you see on social media, in the movies or on TV?</p> <p>Are stereotypes fair?</p> <p>Do you know any rules for staying safe with technology?</p> <p>What could you do if you were worried about something online or in social media e.g. cyber-bullying?</p> <p>Does your Jigsaw friend help you learn?</p> <p>What does Jigsaw Jerrie cat do in your lessons?</p>	<p>Character, Assumption, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Bullying, Friend, Secret, Deliberate, On purpose, Bystander, Witness, Bully, Problem solve, Cyber bullying, Text message, Website, Troll, Special, Unique, Physical features, Impression, Changed.</p>	
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DREAMS AND GOALS - SPRING 1

Year 3	<p>Know about specific people who have overcome difficult challenges to achieve success</p> <ul style="list-style-type: none"> • Know what dreams and ambitions are important to them • Know how they can best overcome learning challenges • Know that they are responsible for their own learning • Know what their own strengths are as a learner • Know what an obstacle is and how they can hinder achievement • Know how to take steps to overcome obstacles • Know how to evaluate their own learning progress and identify how it can be better next time 	<p>Recognise other people's achievements in overcoming difficulties</p> <ul style="list-style-type: none"> • Imagine how it will feel when they achieve their dream / ambition • Can break down a goal into small steps • Recognise how other people can help them to achieve their goals • Can manage feelings of frustration linked to facing obstacles • Can share their success with others • Can store feelings of success (in their internal treasure chest) to be used at another time 	<p>Can you tell me about someone who overcame an obstacle to achieve their goal.</p> <ul style="list-style-type: none"> • What ambition is important to you? • What can you do if something is difficult? • How does it feel to be stuck? • How can I help you to achieve your goal? • What might it feel like when you achieve your goal? • Describe how it felt when you achieved your goal? • How can you use this feeling the next time you are stuck? • How does Jigsaw Jino help your Jigsaw work? • Do you enjoy Calm Me time? 	<p>Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Team work, Enterprise, Design, Cooperation, Product, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Celebrate, Evaluate.</p>
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Year 4	<p>Know what their own hopes and dreams are</p> <ul style="list-style-type: none"> • Know that hopes and dreams don't always come true • Know that reflecting on positive and happy experiences can help them to counteract disappointment • Know how to make a new plan and set new goals even if they have been disappointed • Know how to work out the steps they need to take to achieve a goal • Know how to work as part of a successful group • Know how to share in the success of a group 	<p>Can talk about their hopes and dreams and the feelings associated with these</p> <ul style="list-style-type: none"> • Can identify the feeling of disappointment • Can identify a time when they have felt disappointed • Be able to cope with disappointment • Help others to cope with disappointment • Can identify what resilience is • Have a positive attitude • Enjoy being part of a group challenge • Can share their success with others • Can store feelings of success (in their internal treasure chest) to be used at another time 	<p>What are your hopes and dreams?</p> <ul style="list-style-type: none"> • Can you tell me about a time that one of your dreams didn't come true? • What can we do when we feel disappointed? • What is resilience? • Describe how it felt when you achieved your goal? • Can I tell you what my dreams and goals were when I was your age? • How can you use this feeling the next time you are stuck? • Does Calm Me time help you when you are feeling stuck? • How does Jigsaw Jaz help you learn? 	<p>Dream, Hope, Goal, Determination, Perseverance, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise, Design, Cooperation, Success, Celebrate, Evaluate.</p>	English - Poetry unit - emotions
HEALTHY ME - SPRING 2					
Year 3	<p>Know how exercise affects their bodies</p> <ul style="list-style-type: none"> • Know why their hearts and lungs are such important organs • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health • Know that there are different types of drugs • Know that there are things, places and people that can be dangerous • Know a range of strategies to keep themselves safe • Know when something feels safe or unsafe • Know that their bodies are complex and need taking care of 	<p>Able to set themselves a fitness challenge</p> <ul style="list-style-type: none"> • Recognise what it feels like to make a healthy choice • Identify how they feel about drugs • Can express how being anxious or scared feels • Can take responsibility for keeping themselves and others safe • Respect their own bodies and appreciate what they do 	<p>How does exercise affect your body?</p> <ul style="list-style-type: none"> • What do your heart and lungs do? • What drugs do you know about? How do you feel about drugs? • Tell me about some things / places / people that you think might be dangerous. How can you keep yourself safe from these? • Can you tell me about a time when you felt unsafe? • Can we talk about how we keep each other safe in our family? • Can we share a Calm me time to feel peaceful together? • Shall we try an exercise session together? 	<p>Oxygen, Energy, Calories / Kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice.</p>	<p>Science - animals including humans - Nutrition and Skeletons</p> <p>Science - Animals including humans - digestive system, teeth, food chains</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year 4</p>	<p>Know how different friendship groups are formed and how they fit into them</p> <ul style="list-style-type: none"> • Know which friends they value most • Know that there are leaders and followers in groups • Know that they can take on different roles according to the situation • Know the facts about smoking and its effects on health • Know some of the reasons some people start to smoke • Know the facts about alcohol and its effects on health, particularly the liver • Know some of the reasons some people drink alcohol • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong 	<p>Can identify the feelings that they have about their friends and different friendship groups</p> <ul style="list-style-type: none"> • Recognise how different people and groups they interact with impact on them • Identify which people they most want to be friends with • Recognise negative feelings in peer pressure situations • Can identify the feelings of anxiety and fear associated with peer pressure • Can tap into their inner strength and knowhow to be assertive 	<p>Who are your friends? How do they make you feel?</p> <ul style="list-style-type: none"> • Which groups do you spend time with? How do you feel when you are with the different groups? • Can you tell me about a time when you were the leader / follower in the group? • How can smoking affect people's health? • How can drinking affect people's health? • What can you do if a group of children are trying to convince you to do something you don't want to do or know you shouldn't do? • How can you build your inner strength? • Does Calm me time help you feel stronger inside? 	<p>Friendship, Emotions, Healthy, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong</p>	
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RELATIONSHIPS - SUMMER 1

<p>Year 3</p>	<p>Know that different family members carry out different roles or have different responsibilities within the family Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc Know some of the skills of friendship, e.g. taking turns, being a good listener Know some strategies for keeping themselves safe online Know how some of the actions and work of people around the world help and influence my life Know that they and all children have rights (UNCRC) Know the lives of children around the world can be different from their own</p>	<p>Can identify the responsibilities they have within their family Can use Solve-it-together in a conflict scenario and find a win-win outcome Know how to access help if they are concerned about anything on social media or the internet Can empathise with people from other countries who may not have a fair job/ less fortunate Understand that they are connected to the global community in many different ways Can identify similarities in children's rights around the world Can identify their own wants and needs and how these may be similar or different from other children in school and the global community</p>	<p>What jobs do I / mummy / daddy do around the house? What makes a good friend? Can you tell me about a time when you were really good at sharing / taking turns / listening? How can you stay safe online? What should our rules be? What would you do if you saw or heard something online that made you feel worried? What rights do children have? How could we use the Solve-it-together technique at home?</p>	<p>Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude, Celebrate.</p>	<p>ICT - E safety Safer Internet Day</p>
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Year 4	<p>Know some reasons why people feel jealousy</p> <p>Know that jealousy can be damaging to relationships</p> <p>Know that loss is a normal part of relationships</p> <p>Know that negative feelings are a normal part of loss</p> <p>Know that memories can support us when we lose a special person or animal</p> <p>Know that change is a natural part of relationships/ friendship</p> <p>Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe</p>	<p>Can identify feelings and emotions that accompany jealousy</p> <p>Can suggest positive strategies for managing jealousy</p> <p>Can identify people who are special to them and express why</p> <p>Can identify the feelings and emotions that accompany loss</p> <p>Can suggest strategies for managing loss</p> <p>Can tell you about someone they no longer see</p> <p>Can suggest ways to manage relationship changes including how to negotiate</p>	<p>Can you tell me about a time when you felt jealous? Did it affect how you behaved?</p> <p>Can we tell each other about the people we love?</p> <p>Do you miss seeing anyone?</p> <p>Who could we make a memory box for?</p> <p>Have you ever fallen out with any of your friends? What happened? How did you resolve it?</p> <p>Do you have any friends that you fall out with a lot?</p> <p>How does Jigsaw Jaz help you learn about friendships?</p> <p>Does Calm Me time help you stay calm?</p>	<p>Relationship, Close, Jealousy, Problem-solve, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Trust, Loyal, Empathy, Betrayal, Amicable, Appreciation, Love.</p>	
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CHANGING ME - SUMMER 2

Year 3	<p>Know that in animals and humans lots of changes happen between conception and growing up</p> <p>Know that in nature it is usually the female that carries the baby</p> <p>Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</p> <p>Know that babies need love and care from their parents/carers</p> <p>Know some of the changes that happen between being a baby and a child</p> <p>Know that the male and female body needs to change at puberty</p> <p>Know some of the outside body changes that happen during puberty</p>	<p>Can express how they feel about babies</p> <p>Can describe the emotions that a new baby can bring to a family</p> <p>Can express how they feel about puberty</p> <p>Can say who they can talk to about puberty if they have any worries</p> <p>Can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry</p> <p>Can identify changes they are looking forward to in the next year</p> <p>Can suggest ways to help them manage feelings during changes they are more anxious about</p>	<p>Can you tell me about some of the changes that happen to a puppy / kitten / baby as they grow up?</p> <p>Can we talk about some of the changes that are going to happen to you as you grow up?</p> <p>How do you feel about these changes?</p> <p>Do you have any questions about the changes that are going to happen to you as you grow up?</p>	<p>Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Penis, Ovaries, Egg, Ovum / ova, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy.</p>	
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