



ESF Progression in PSHE /RSE Skills and Knowledge - Year 3



	Year 3
Families and People who care for us	I know that others' families, either in school or in the wider world, sometimes look different from my family, but I should respect those differences and know that other children's families are also characterised by love and care.
Caring Friendships	I know how important friendships are in making us feel happy and secure, and how people choose and make friends.
	I am beginning to develop my knowledge of the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
	I know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
	I know how to recognise who to trust and who not to trust, how to judge when a friendship is making me feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
	I can use and show my polite manners.
	I know the importance of self-respect and how this links to my happiness.
	I know that in school and in wider society I 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.
Safe Relationships	I know what is appropriate to share with friends, classmates, family and wider social groups including online.
	I know about basic strategies to help keep me safe online. For example passwords, using trusted sites and adult supervision.
	I know that bullying and hurtful behaviour is unacceptable in any situation.
	I know about the effects and consequences of bullying for the people involved.
	I know about bullying online, and the similarities and differences to face-to face bullying.
	I know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
	I know where to get advice e.g. family, school and/or other sources if I experience bullying or hurtful behaviour.
Mental Wellbeing	I am developing my knowledge in knowing that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
	I can recognise and talk about my emotions, including having a developing range of vocabulary of words to use when talking about my own and others' feelings.
	I am developing how to judge whether what I am feeling and how I am behaving is appropriate and proportionate.
	I am developing the knowledge of knowing the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
	I know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.

Physical Health and Fitness	I am developing my knowledge in knowing the characteristics and mental and physical benefits of an active lifestyle.
	I know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
Healthy Eating	I know what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.
	I am beginning to know the principles of planning and preparing a range of healthy meals.
Drugs, Alcohol and Tobacco	I am beginning to know some facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.
Growing and Changing	I can recognise my individuality and my personal qualities.
	I can identify my personal strengths and interests.