

PSHE – Health and Wellbeing

Year 3/4 Summer 2

How will I change?

Key Vocabulary:

healthy choices,
positive and
negative feelings,
setbacks, hazards,
external needs,
internal needs,
wellbeing,
acceptance,
healthy
lifestyle, transition



PSHE



I can...

- Identify my personal identity; what contributes to who we are
- Explain that for some people gender identity does not correspond with their biological sex
- Recognise their individuality and personal qualities
- Identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth
- Explain how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking
- Learn about the new opportunities and responsibilities that increasing independence may bring
- Think of strategies to manage transitions between classes and key stages

Key questions:

- What is my personal identity?
- What is gender identity? Parents can withdraw from this lesson
- How do I recognise my personal qualities?
- What is 'self-worth'?
- How do I manage setbacks and unhelpful thinking?
- How will my independence increase?
- How can I prepare for my new class?