

## Year 3

Our Safety	Our Relationships	Our Bodies
<p><b>To learn the importance of following rules</b> the importance of following safety rules from parents and other adults how to help keep themselves safe in the local environment or unfamiliar places,</p>	<p><b>To learn about different types of families</b> to recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents</p>	<p><b>To learn what a healthy, balanced diet looks like</b> what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally</p>
<p><b>To learn to identify hazards</b> how to identify typical hazards at home and in school</p>	<p><b>To learn about positive families</b> that being part of a family provides support, stability and love about the positive aspects of being part of a family, such as spending time together and caring for each other</p>	<p><b>To learn about the benefits of exercise</b> that regular exercise such as walking or cycling has positive benefits for their mental and physical health</p>
<p><b>To learn about fire safety</b> about fire safety at home including the need for smoke alarms including road, rail, water and firework safety</p>	<p><b>To learn about the different ways that people can care for each other</b> about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty</p>	<p><b>To learn about healthy choices</b> to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep) what can help people to make healthy choices and what might negatively influence them</p>
<p><b>To learn to manage risk</b> how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen</p>	<p><b>To learn when something in a family might make someone upset or worried</b> to identify if/when something in a family might make someone upset or worried</p>	<p><b>To learn about healthy habits</b> about the choices that people make in daily life that could affect their health about habits and that sometimes they can be maintained, changed or stopped the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle</p>
<p><b>To learn about privacy</b> about what privacy and personal boundaries are, including online</p>	<p><b>To learn what to do if family relationships are making someone feel unhappy or unsafe</b> what to do and whom to tell if family relationships are making them feel unhappy or unsafe</p>	<p><b>To learn what puberty is</b> Know that puberty is the transition between childhood and adulthood Revise names of body parts from Year 2 Know how and who to ask for help if they have questions about their body</p>
<p><b>To learn what is appropriate to share</b> What is appropriate to share with friends, classmates, family and wider social groups including online</p>	<p><b>To learn to identify online bullying</b> about bullying online, and the similarities and differences to face-to-face bullying how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication</p>	<p><b>To learn what puberty is</b> Know that their body and emotions will change Know how and who to ask for help if they have questions about their body</p>
Our Community	Our Future	Our Feelings and well-being
<p><b>To learn the importance of the law</b> the reasons for rules and laws in wider society the importance of abiding by the law and what might happen if rules and laws are broken</p>	<p><b>To learn to set goals</b> how to set goals that they would like to achieve this year e.g. learn a new hobby</p>	<p><b>To learn about bullying</b> that bullying and hurtful behaviour is unacceptable in any situation about the effects and consequences of bullying for the people involved what to do and whom to tell if they see or experience bullying or hurtful behaviour</p>
<p><b>To learn about human rights</b> what human rights are and how they protect people to identify basic examples of human rights including the rights of children</p>	<p><b>To learn about different job sectors</b> about jobs that people may have from different sectors e.g. teachers, business people, charity work</p>	<p><b>To learn about politeness</b> what it means to treat others, and be treated, politely</p>
<p><b>To learn about responsibilities</b> about how they have rights and also responsibilities that with every right there is also a responsibility e.g. the right to an education and the responsibility to learn</p>	<p><b>To learn about stereotypes in jobs</b> about common myths and gender stereotypes related to work to challenge stereotypes through examples of role models in different fields of work e.g. women in STEM</p>	<p><b>To learn about things that affect feelings</b> about the things that affect feelings both positively and negatively strategies to identify and talk about their feelings</p>
<p><b>To learn about respect</b> the ways in which people show respect and courtesy in different cultures and in wider society to recognise respectful behaviours e.g. helping or including others, being responsible</p>	<p><b>To learn about skills needed for jobs</b> about some of the skills needed to do a job, such as teamwork and decision-making</p>	<p><b>To learn about different ways people express feelings</b> about some of the different ways people express feelings e.g. words, actions, body language to recognise how feelings can change overtime and become more or less powerful</p>
<p><b>To learn how to be respectful in different situations</b> how to model respectful behaviour in different situations e.g. at home, at school, online</p>	<p><b>To learn about different career paths</b> that people can have more than one job at once or over their lifetime</p>	<p><b>To learn the importance of self-respect</b> the importance of self-respect and their right to be treated respectfully by others 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</p>
<p><b>To learn how individuals can make a difference</b> PeaceJam lesson: Rigoberta Menchu Tum. Read story followed by Character education activity.</p>	<p><b>To learn to identify our skills and interests</b> to recognise their interests, skills and achievements and how these might link to future jobs</p>	<p><b>To learn about our strengths and interests</b> 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)</p>

Our Digital World	
<p><b>To learn how to stay safe online</b> basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication</p>	<p><b>To learn strategies to find out if something on the internet is true</b> strategies to recognise whether something they see online is true or accurate how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication</p>
<p><b>To learn positive uses for the internet</b> how the internet can be used positively for leisure, for school and for work how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication</p>	<p><b>To learn to decide if a game or website is appropriate to use</b> to evaluate whether a game is suitable to play or a website is appropriate for their age-group how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication</p>
<p><b>To learn how and why information on the internet is altered</b> to recognise that images and information online can be altered or adapted and the reasons for why this happens how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication</p>	<p><b>To learn to make good choices from search results</b> to make safe, reliable choices from search results how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication</p>