

| Year 3<br>HEALTH AND WELL-BEING                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| Keeping Safe                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Healthy Lifestyles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Growing and Changing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p><b><u>Who helps us feel safe and healthy?</u></b><br/>Identify key people who support our development</p> <p><b><u>How to respond if someone needs help</u></b><br/>Show children different scenarios and encourage them to think about how they would access help.</p> <p><b><u>SCARF</u></b><br/><b>Helping each other to stay safe</b><br/><b>The risk robot</b><br/>Identify risk factors in given situations.<br/>Suggest ways of reducing or managing those risks.</p> <p><b>Alcohol and cigarettes: The facts</b><br/>Identify some key risks from and effects of cigarettes and alcohol.</p> <p><b>Help or harm?</b><br/>Understand that medicines are drugs and suggest ways that they can be helpful or harmful.</p> | <p><b><u>What makes a balanced diet?</u></b><br/>Identify the impact of a healthy diet on the body.</p> <p><b><u>Opportunities for making our own choices</u></b><br/>How can others influence our choice and how do we make sure we are making the right choices to be healthy and active?</p> <p><b><u>SCARF</u></b><br/>Explain how some infectious illnesses are spread from one person to another.</p> <p><b>Derek cooks dinner</b><br/>Explain how each of the food groups on the Eatwell Guide (formerly Eatwell Plate) benefits the body.</p>                                                                                                                                                             | <p><b><u>SCARF</u></b><br/><b>My special pet</b><br/>Discuss feelings someone might have when they lose something important to them.<br/>Understand that these feelings are normal and a way of dealing with the situation.</p> <p><b>Top talents</b><br/>Discuss the different talents and skills that people have and how skills are developed.<br/>Recognise their own skills and those of other children in the class.</p> <p><b>I am fantastic!</b><br/>Identify their achievements and areas of development.<br/>Recognise that people may say kind things to help us feel good about ourselves.<br/>Why are some groups of people not represented as much on television/ in media.</p> <p><b>My body</b><br/>Re-visit keeping privates private and explain why.</p> |
| LIVING IN THE WIDER WORLD                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Rights and Responsibilities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Environment                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Money                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p><b><u>Identify what is meant by ‘a moral citizen’</u></b><br/>Opportunity to debate different opinions.<br/>What is morality? What is a citizen?</p> <p><b><u>How can you be involved in the community?</u></b><br/>How can I be a moral citizen?<br/>Think about Cheadle community in particular.</p> <p><b><u>SCARF</u></b><br/><b>Our friends and neighbours</b><br/>We live in a diverse world.</p>                                                                                                                                                                                                                                                                                                                        | <p><b><u>How can we look after our planet?</u></b><br/>What is our responsibility when looking after the planet?<br/>Looking after or immediate environment.</p> <p><b><u>What effect are we having on our planet?</u></b><br/>Recognise the impact on the way that we live our live.<br/>Find out more online about the environment.</p> <p><b><u>SCARF</u></b><br/>Devise methods for looking after our school environment.</p>                                                                                                                                                                                                                                                                                 | <p><b><u>What is an enterprise? What does it mean?</u></b><br/>Link to summer /Christmas fair/raising money for charity.</p> <p><b><u>SCARF</u></b><br/><b>Earning money</b><br/>Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)<br/>Explain that people earn their income through their jobs;</p> <p><b>Can Harold afford it?</b><br/>Understand the terms 'income', 'saving' and 'spending'.</p>                                                                                                                                                                                                                                                                                              |
| RELATIONSHIPS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Feelings and Emotions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Healthy Relationships                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Valuing Difference                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <p><b><u>Recognising feelings in others</u></b><br/>How to respond when someone is clearly feeling a different way to me.<br/>Link to work with restorative approaches.</p> <p><b><u>Responding appropriately to peoples’ feelings</u></b><br/>Recognise how people are feeling and when it is appropriate to respond<br/>How to respond when...</p> <p><b><u>SCARF</u></b><br/><b>Dan’s dare</b><br/>Explain what a dare is.<br/>Understand that no-one has the right to force them to do a dare.</p>                                                                                                                                                                                                                            | <p><b><u>Describe positive relationships and friendships</u></b><br/>Recognise when a relationship is healthy and unhealthy.<br/>Focus on bullying.</p> <p><b><u>How actions effect ourselves and others</u></b><br/>Treating all children with respect in school.</p> <p><b><u>SCARF</u></b><br/><b>Relationships tree</b><br/>Identify different types of relationships;<br/>Recognise who they have positive healthy relationships with.<br/>Children may suggest people in their lives who are LGBT.</p> <p><b>How can we resolve this problem?</b><br/>Rehearse simple strategies for resolving conflict situations.</p> <p><b>Zeb</b><br/>Explain some of the reasons why different people are bullied.</p> | <p><b><u>SCARF</u></b><br/><b>Family and friends</b><br/>Recognise that there are many different types of family.<br/>Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.'</p> <p><b>Respect and challenge</b><br/>Reflect on listening skills;<br/>Give examples of respectful language.<br/>Give examples of how to challenge another's viewpoint, respectfully.</p> <p><b>Let’s celebrate our differences</b><br/>Recognise the factors that make people similar to and different from each other.<br/>Recognise that repeated name calling is a form of bullying.<br/>Suggest strategies for dealing with name calling (including talking to a trusted adult).</p>                                                                         |

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|  | Explore why people have prejudiced views and understand what this is. |  |
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