

Year 3		
National Curriculum	Composite	Component
<p>RELATIONSHIPS EDUCATION</p> <p>RELATIONSHIPS UNIT: Families and people who care for us.</p> <ul style="list-style-type: none"> • That others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care. • That families are important for children growing up because they can give love, security and stability. • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives. • That stable, caring relationships are at the heart of happy families, and are important for children’s security as they grow up. • How to recognise if family relationships are making them feel unhappy or 	<p>I know about families.</p>	<ul style="list-style-type: none"> • I know what a family is • I know that other families in school or the wider world are different to my family • I know that there are different types of families including single parent, step and foster families and I should respect these differences • I know that families of all types can give family members love and care • I know that families are important for children growing up • I know that families can give love, security and stability • I know the key characteristics of what makes a healthy family life (commitment, care, spending time together, being there for each other in times of difficulty) • I know how to recognise unsafe family relationships • I know how unsafe family relationships can make me feel unhappy or unsafe. • I know how to seek help or advice from other if needed.

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<p>RELATIONSHIPS AND HEALTH EDUCATION</p> <p>ONLINE SAFETY AND RELATIONSHIPS UNIT: Online behaviour and personal information</p> <p>(Linked to computing)</p> <p><u>Health and Wellbeing</u></p> <ul style="list-style-type: none"> • That for most people the internet is an integral part of life and has many benefits. • That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online. • Where and how to report concerns and get support with issues online. • The importance of keeping personal information private. <p><u>Relationships</u></p> <ul style="list-style-type: none"> • That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. 	<p>I know why people use the internet as part of their lives.</p>	<ul style="list-style-type: none"> • I know the benefits of using the internet • I know that the internet can be a negative place and it can impact our mental health • I know ways of communicating online (email, blog, instant messaging and video calling) • I know some positive and negative aspects of online communication • I know how to communicate respectfully online • I know how online actions can impact other people and their feelings. • I know how to respond to a hurtful message or comment online. • I know where and how to address any concerns I have online • Know the importance of keeping personal information private • I know what personal information is

<ul style="list-style-type: none"> • How information and data is shared and used online. 		
<p>RELATIONSHIPS EDUCATION</p> <p>RELATIONSHIPS UNIT: Respectful relationships and being safe.</p> <ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, in character, personality) the conventions of courtesy and manners. • What sorts of boundaries are appropriate in friendships with peers and others. • That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • How to recognise and report feelings of being unsafe or feeling bad about any adult. • How to ask for advice or help for themselves or others, and to keep trying until they are heard. • How to report concerns or abuse, and the vocabulary and confidence needed to do so. • Where to get advice e.g. family, school and/or other sources. 	<p>I know what a respectful relationship is.</p>	<ul style="list-style-type: none"> • I know that we can have different types of relationships (formal, informal) • I know that we behave differently in the different relationships we have. • I know what a respectful relationship is • I know it is important to respect other even when they are different from me • I know that it is important to always be polite and show good manners in all relationships • I know what touch is and examples of positive and negative touch are • I know that my body belongs to me • I know I can choose what happens to my body and how to say no • I know what sort of touch I am happy with and what sort I am not happy with. • I know what safe touch is. • I know and understand the PANTS rules • I know which body parts should be private • I know the difference between appropriate and inappropriate touch • I know that I have the right to say “no” to unwanted touch • I know how to recognise feelings of being unsafe or feeling bad about any adult • I know the difference between a little deal and a serious problem. • I know how to get help for myself or others.

		<ul style="list-style-type: none"> • I know what a trusted adult is
<p>HEALTH EDUCATION</p> <p>KEEPING SAFE</p> <ul style="list-style-type: none"> • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries. 	<p>I know how to keep myself safe.</p>	<ul style="list-style-type: none"> • I know which emergency service to ask for in different situations • I know what a first aider is • I know what a hazard is • I can use my senses to identify hazards • I know the danger hazards could put me in I know how fire can be useful and dangerous • I know how fires can be started • I know how I can reduce the risks of a fire at home • I know how firefighters keep us safe • I know what to do in the event of a fire • I know how to keep safe around fireworks • I know the role of a first aider
<p>HEALTH EDUCATION</p> <p>MENTAL WELLBEING</p> <ul style="list-style-type: none"> • 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. • How to recognise and talk about their emotions, including having a varied 	<p>I know that there is a normal range of emotions.</p>	<ul style="list-style-type: none"> • I know different words for the similar emotions • I know how to talk about my emotions • I know examples of when people feel different emotions • I know how my emotions might affect my behaviour • I know when my behaviour may be inappropriate because of the way I am feeling • I know how to recognise conflicting feelings and how this may affect my behaviour • I know what isolation and loneliness is

<p>vocabulary of words to use when talking about their own and others' feelings.</p> <ul style="list-style-type: none"> • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • That bullying has a negative impact on our wellbeing. • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • • Where and how to seek support, including whom in school they should speak to if they are worried about their own or someone else's ability to control their emotions (including issues arising online). 		<ul style="list-style-type: none"> • I know how isolation and loneliness can affect us • I know what bullying is • I know the negative impacts of bullying on our wellbeing • I know how and where to seek support and help if I or someone I know is being bullied • I know what emotional and mental wellbeing is • I know some simple self-care techniques to look after my emotional and mental wellbeing • I know the negative impacts of bullying on • I know who I can go to for support if I am worried about my ability or someone else's ability to control their emotions. • I know some strategies for handling these negative feelings of isolation and loneliness • I know that it is important to discuss my feelings with an adult and seek support.
<p>HEALTH EDUCATION</p> <p>PHYSICAL HEALTH AND WELLBEING UNIT: Healthy Lifestyles</p>	<p>I know what constitutes a healthy lifestyle.</p>	<ul style="list-style-type: none"> • I know the different food groups (sugars and fat, carbohydrates, vitamins and minerals, protein, calcium) • I know how to plan and prepare healthy meals

(Healthy eating and health and prevention)

- What constitutes a healthy diet (including understanding calories and other nutritional content).
- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay and other behaviours).
- The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.

All objectives highlighted in yellow will be taught as part of the DT curriculum in 2024-2025

Objectives highlighted in blue will be moved into unit on mental wellbeing, earlier in year.

- I know the effects and risks of a poor diet on our bodies
- I know what obesity and tooth decay is
- I know what a habit is I know why habits can be hard to change
- I know that habits can have both positive and negative effects on a healthy lifestyle
- I know why it is important for my health to get enough sleep
- I know that a lack of sleep can affect my weight, mood and ability to learn (sleep deprivation).
- I know what to do to get good quality sleep.