

# YEAR 3 – MEDIUM-TERM OVERVIEW

Relationships

Living in the wider world

Health and Wellbeing



Term and Topic	In this unit of work students learn...
<b>Autumn</b> – 4 Lessons September Families and friendships What makes a family; features of family life	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, 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, about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty, to identify if/when something in a family might make someone upset or worried, what to do and whom to tell if family relationships are making them feel unhappy or unsafe.
<b>Autumn</b> - 4 Lessons October Belonging to a community The value of rules and laws; rights, freedoms and responsibilities	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, what human rights are and how they protect people to identify basic examples of human rights including the rights of children, 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.
<b>Autumn</b> - 4 Lessons November Keeping safe Risks and hazards; safety in the local environment and unfamiliar places	How to identify typical hazards at home and in school, how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen, about fire safety at home including the need for smoke alarms, the importance of following safety rules from parents and other adults, how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety.
<b>Spring</b> - 4 Lessons January Safe relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour	What is appropriate to share with friends, classmates, family and wider social groups including online, about what privacy and personal boundaries are, including online, basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision, that bullying and hurtful behaviour is unacceptable in any situation, about the effects and consequences of bullying for the people involved, about bullying online, and the similarities and differences to face-to-face bullying what to do and whom to tell if they see or experience bullying or hurtful behaviour.

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<p><b>Spring</b> - 4 Lessons February Money and Work Different jobs and skills; job stereotypes; setting personal goals</p>	<p>About jobs that people may have from different sectors e.g. teachers, business people, charity work, that people can have more than one job at once or over their lifetime, 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, about some of the skills needed to do a job, such as teamwork and decision-making, to recognise their interests, skills and achievements and how these might link to future jobs and how to set goals that they would like to achieve this year e.g. learn a new hobby.</p>
<p><b>Spring</b> - 4 Lessons March Growing and changing Personal strengths and achievements; managing and reframing setbacks</p>	<p>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), 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>Summer</b> - 4 Lessons April Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively</p>	<p>About the things they have in common with their friends, classmates, and other people, to recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations, about the importance of respecting the differences and similarities between people, a vocabulary to sensitively discuss difference and include everyone.</p>
<p><b>Summer</b> - 4 Lessons May Media literacy and Digital resilience How the internet is used; assessing information online</p>	<p>How the internet can be used positively for leisure, for school and for work, to recognise that images and information online can be altered or adapted and the reasons for why this happens, strategies to recognise whether something they see online is true or accurate, to evaluate whether a game is suitable to play or a website is appropriate for their age-group 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>

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<p><b>Summer</b> - 4 Lessons June/July Physical health and Mental wellbeing Health choices and habits; what affects feelings; expressing feelings</p>	<p>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) 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 and trying again.</p>
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