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| **Year 3** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Curriculum Topic** | Being Me in the World | Celebrating differences | Dreams and Goals | Healthy Me | Relationships | Changing me |
| **Objectives to cover** | * Setting personal goals * Self-identity and worth * Positivity in challenges * Rules, rights and responsibilities * Rewards and consequences * Responsible choices * Seeing things from others’ perspectives | * Families and their differences * Family conflict and how-to mange it (child-centred) * Witnessing bullying and how to solve it * Recognising how words can be hurtful * Giving and receiving compliments | * Difficult challenges and achieving success * Dreams and ambitions * New challenges * Motivation and enthusiasm * Recognising and trying to overcome obstacles * Evaluating learning processes | * Exercise * Fitness challenges * Food labelling and healthy swaps * Attitudes towards drugs * Keeping safe and why it’s important online and off-line scenarios * Respect for myself and others * Healthy and safe choices | * Family roles and responsibilities * Friendship and negotiation * Keeping safe online and who to go to for help * Being a global citizen * Being aware of how my choices affect others * Awareness of how other children have different lives * Expressing appreciation for family and friends | * Understanding a baby’s needs * Outside body changes * Family stereotypes * Challenging my ideas * Preparing for transition |
| LQ1 | How can I recognise my worth and identify positive things about myself and my achievements?  How can I set personal goals? | How can I understand that everybody’s family is different and important to them? | How can I understand about people who have faced difficult challenges and achieved success? | How can I understand how exercise affects my body and know why my heart and lungs are such important organs? | How can I identify the roles and responsibilities of each member of my family and reflect on the expectations for males and females? | How can I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby? |
| LQ2 | How can I face new challenges positively, make responsible choices and ask for help when I need it? | How can I understand that differences and conflicts sometimes happen among family members? | How can I identify a dream/ambition that is important to me? | Ho can I understand that the amount of calories, fat and sugar I put into my body will affect my health? | How can I identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener? | How can I understand what a baby needs to live and grow? |
| LQ3 | How can I understand why rules are needed and how they relate to rights and responsibilities? | How can I understand what it means to be a witness to bullying? | How can I work out the best ways to achieve new learning challenges? | How can I tell you about my knowledge and attitude towards drugs? | How can I understand some of the strategies for keeping myself safe online? | How can I identify how boys’ and girls’ bodies change on the outside during growing up? |
| LQ4 | How can I understand that my actions affect myself and others?  How can I show I care about other people’s feelings? | How can I understand that witnesses can make the situation better or worse by what they do? | How can I understand that I am responsible for my own learning? | How can I identify things, people and places that I need to keep safe from?  How can I know some strategies for keeping myself safe, who to go to for help and how to call emergency services? | How can I explain how some of the actions and work of people around the world help and influence my life? | How can I understand and recognise stereotypical ideas I might have about parenting and family roles? |
| LQ5 | How can I make responsible choices and take action? | How can I recognise that some words are used in hurtful ways? | How can I recognise obstacles which might hinder my achievement and finds ways to overcome them? | How can I identify when something feels safe or unsafe? | How can I understand how my needs and rights are shared by children around the world and can identify how our lives may be different? | How can I identify what I am looking forward to when I move to my next class? |
| LQ6 | How can I understand that my actions affect others?  How can I see things from other people’s points of view? | How can I reflect on a time when my words affected someone’s feelings and explain what the consequences were? | How can I evaluate my own learning process and identify how I can be better next time? | How can I understand how complex my body is and how important it is to take care of it? | How do I know how to express my appreciation to my friends and family? |  |