

Year Three Personal, social, health and economic education/Citizenship Curriculum and the Rights and Respect of the Child

Theme	Key Vocabulary	Learning to take place linked to knowledge, skills and understanding	Books/resources to support learning	Links to other areas of the curriculum	RRC
Mental Health, Being Healthy and Wellbeing	Hygiene Safety Care Cleanliness Balanced Diet Choices impact COVID-19 Aspirations Goals Oral Feelings Responsible Help Predict Assess Manage Dares Safe Separation Resilience Hazard Different Lifestyle	Learn how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and begin to understand the concept of a balanced lifestyle.	Healthy school approaches Mindfulness	Science PE	24,31
		Recognise how to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet.	Healthy school approaches	Science DT	6, 24
		Reinforce the hand washing approach linked to COVID-19 Develop understanding of how some diseases spread and can be controlled.	Assemblies Discussions in class and around school	Day to day routines	
		Learn about Oral health and how to care for their teeth.	Health team	Science	6,24
		Learn to reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals.	Assemblies Michael by Tony Bradman,	English	28,29
		Deepen their understanding of good and not so good feelings	Mindfulness	RRC agenda	
		To differentiate between the terms, 'risk', 'danger' and 'hazard'. To predict and assess risks. To develop resilience. To learn to recognise and manage dares.	Safety talks from visiting providers		6, 16, 17
		About people who are responsible for helping them stay healthy and safe and ways that they can help these people. E.g. road safety, bike safety, on line safety	Safety talks from visiting providers Internet Safety Week, on line safety training,	E-safety	6,16,17
	Coping with change including transitions, loss, separation, bereavement	Assemblies		19, 17	

		Recognise how images in media do not always reflect reality	Newsround		16,17
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Relationships and respecting the differences between people	Feelings Positive Healthy Actions Diversity Affect Stereotypes Value Skills Relationships	To recognise and respond appropriately to a wider range of feelings in others.		English Guided Reading	12
		To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships.	Group work, monitors etc School Council		15
		To understand that their actions affect themselves and others.	Whole school behaviour approach		12
		To recognise and challenge stereotypes. To value diversity	Assembly	English RE	2, 30,14
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Living in the Wider World	Research Debate Topical Issues Wellbeing Behaviour Anti-bullying Change Rules Recommendations Democracy Locally Nationally Anti-social	To research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer their recommendations to appropriate people.	Newsround Local news – Times Exchange letters		13,17
		To learn why and how rules and laws that protect themselves and others are made and enforced.	Code of conduct School rules and expectations Behaviour Policy Newsround clips BBC bitesize clips Ruby's Worry	Anti-bullying and E-Safety English	36,37,42
		To identify why different rules are needed in different situations and how to take part in making and changing rules.	Class council voting.	History	12, 16
		To understand what a democracy is, and about the basic institutions that support it locally and nationally.			

	rights	To realise the consequences of anti-social and aggressive behaviours such as bullying and discrimination on individuals and communities.	Anti-bullying week, School rules		36, 37, 42
		To learn that they have different rights and responsibilities. To develop and exercise these responsibilities.	School Council	RRC agenda	2
		To appreciate the range of national, regional, religious and ethnic identifies in the UK. To consider the lives of other people living in other places and people with different values and customs.	Newsround	RE curriculum RRC agenda Geography	2,14
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Changing and Growing	Affection Decisions Rules Characteristics Family Rights Change Diet	Relationships - touching as a sign of affection, what it appropriate and not, characteristics of a family, right to say no to anything you do not like.	NSPCC lessons	History	34, 39
		To learn what makes a family – different relationships.	Stonewall resources and lessons Jacqueline Wilson books, Tango	English	25, 20, 21,18
		To explore changes - Life cycle of animals, human life cycle, personal hygiene.	Diets	Science PE	33
		To know that we make decisions for our bodies.	Health team talks		24, 27
		To understand how bodies change at different rates.		Science	24,27

Possible Mindfulness ideas and approaches

- Become aware of the rhythm of your breathing. There's no need to change your breathing in any way, simply notice it exactly as it is.
- **Listen to the bell.** An easy way for children to practice mindfulness is to focus on paying attention to what they can hear. You could use a bell, a set of chimes, or an APP that has sounds on it. Tell children that you will make the sound, and they should listen carefully until they can no longer hear the sound (which is usually 30 seconds to a minute).
- Stroll outside possibly through the meadow and notice things we have not seen before. Designate one minute of the walk where we are completely silent and simply pay attention to all the sounds we can hear.