

### Year 3 RSHE Coverage

Term	Autumn 1		
Theme	Relationships (Friendships)	Community (Online safety)	
Unit	What makes a good friend?	Online strangers	Sharing online
Unit objectives	<ul style="list-style-type: none"> <li>- Appreciate that we have responsibilities to our friends</li> <li>- Acknowledge that other people's emotions are important</li> <li>- Understand that our actions can affect other people's feelings</li> <li>- Learn what we can do to maintain healthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that people on the internet are not always who they say they are, and may have malicious intentions</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that we must keep our personal information safe</li> </ul>
Unit vocabulary	Happy, safe, trust, respect, honesty, kindness, generosity, interests, experiences, support, problems, welcome	Strangers, online, deception, social media	Personal, information, privacy, stranger, trust

Term	Autumn 2	
Theme	Relationships (Families)	
Unit	Do families stay the same?	Are all families like mine?
Unit objectives	<ul style="list-style-type: none"> <li>- Understand that families can change</li> <li>- Understand that parents can split up and people can die</li> <li>- Know that these events are not the fault of the child</li> </ul>	<ul style="list-style-type: none"> <li>- Appreciate that there are many differences between families and all families are unique</li> <li>- Understand that there are far more similarities than there are differences</li> <li>- Understand there is no one set family structure</li> <li>- Appreciate that any type of family can provide love and support</li> </ul>
Unit vocabulary	Foster care, adoption, divorce, break-up, death, grief, illness, disability	Religion, skin colour, Islam, Muslim, mosque, prayers, represent, discrimination, same sex

Term	Spring 1		
Theme	Health and Wellbeing (Mental Health)	Health and Wellbeing (Physical health)	
Unit	How do I manage my feelings?	How do I keep my body healthy?	How do I eat a healthy diet?
Unit objectives	<ul style="list-style-type: none"> <li>- Understand the range and depth of feelings that we all experience</li> <li>- Learn strategies to deal with these feelings and know when to seek support</li> <li>- Understand that we have responsibilities for some things but cannot control everything</li> </ul>	<ul style="list-style-type: none"> <li>- Understand the reasons why active lifestyles and healthy diets can have a positive effect on our lives</li> <li>- Appreciate that they need to balance choices that are 'good for them' and choices that bring joy</li> <li>- Getting enough sleep (what might stop you from getting the right amount?)</li> </ul>	<ul style="list-style-type: none"> <li>- Know how to make informed choices about the activities they do and the things they eat</li> </ul>
Unit vocabulary	Responsibility, anger, happiness, nervousness, fear, surprise, sadness, grief, blame, guilt, ashamed, regret, apologise, stress	Active, healthy, exercise	Food, nutrition, diet, sugar, fat, protein, vitamins, balance

Term	Spring 2
Theme	Community (Online safety)
Unit	Friendships online
Unit objectives	<ul style="list-style-type: none"><li>- Identify how to be kind in online social environments</li><li>- Understand that peer pressure can make us do inappropriate or unkind things</li><li>- Understand that friends should behave in a certain way, whether they are online or offline</li></ul>
Unit vocabulary	Social media, kindness, cyberbullying, friendship, pressure, behaviour

Term	Summer 1	
Theme	Community (Online safety)	Health and wellbeing (Physical health)
Unit	Personal information	How do I stop getting ill?
Unit objectives	<ul style="list-style-type: none"> <li>- Have a more thorough and sophisticated understanding of personal information</li> <li>- Understand that websites store a lot of our information</li> </ul>	<ul style="list-style-type: none"> <li>- Understand the importance of hygiene, especially hand washing</li> <li>- Understand how to keep our teeth healthy</li> <li>- Understand the dangers of diseases caused by the sun how to stay safe from these</li> </ul>
Unit vocabulary	Personal, information, identities	Germs, bacteria, virus, hygiene, infection