



# FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

## YEAR 3 RSHE CURRICULUM OVERVIEW

IF YOU CAN DREAM IT, YOU CAN DO IT!



### Year 3 Relationship, Sex and Health Education Programme Overview

Broad Topics		Key Vocabulary	Topic overview		
<b>Healthy and Happy Friendships</b>	Being a good friend and respecting personal space. Strategies for resilience.	friend, respect, values, touch, private, privacy, resilience, encouragement	<b>What makes a good friend?</b> - exploring healthy and happy friendships. Pupils are taught to reflect on how they are good friends to others.	<b>Personal space</b> - healthy and happy friendships. It explores the importance of personal space, how to identify if personal space feels invaded, and ways to ask for help if someone is feeling unsafe.	<b>Resilience</b> - exploring healthy and happy friendships. Pupils are introduced to the concept of resilience, identify ways in which they can develop it themselves, as well as helping others to do so.
<b>Similarities and Differences</b>	Respecting and valuing differences. Shared values of communities.	different, equal, respect, community, values, diversity, customs, respect, feelings, values	<b>Different but equal</b> - exploring people's similarities and differences in a wider context. Pupils look at ways to value and show respect for others' differences.	<b>Our school community</b> - exploring people's similarities and differences in a wider context. Pupils focus on the different people who make up a school community, what they share and ways in which they link together.	<b>Valuing one another and considering people's feelings</b> - exploring people's similarities and differences in a wider context. Pupils focus on how it feels when people do not feel valued, and what others can do to show someone that they are valued and their differences respected.
<b>Caring and Responsibility</b>	Our responsibilities and ways we can care and show respect for others.	responsibility, responsible, consequences, irresponsible, personal space, crowded, uncomfortable, boundaries, invade, defend, empathy, caring, support, understanding	<b>Being responsible</b> - exploring our responsibilities. Pupils focus on the responsibilities we have for ourselves and others.	<b>Responsibility and personal space</b> - exploring developing responsibilities. Pupils focus on the importance of being responsible towards others and respecting boundaries around physical touch and personal space.	<b>Caring and empathy</b> - exploring the responsibilities we have to care for other people. Pupils focus on empathy and its importance in offering understanding and giving care.
<b>Families and Committed Relationships</b>	Different types of committed relationships and the basic characteristics of these.	commitment, safe, secure, trust, relationship, marriage, change, affect, loss, separation, divorce	<b>Commitment and marriage</b> - exploring different types of committed relationships and their characteristics. Pupils focus on what commitment means and its importance, and the different ways that people show commitment to one another.	<b>All change!</b> - exploring different types of committed relationships and their characteristics. Pupils look at changes that can affect families, and how we cope with these.	<b>Family changes: when parents separate</b> - exploring different types of committed relationships, and the characteristics of them. Pupils focus on big changes that affect families, exploring what happens when parents separate.
<b>Healthy Bodies, Healthy Minds</b>	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	health, wellbeing, sleep, routine, healthy, carbohydrates, proteins, dairy, fats, germs, virus, routines, hygiene, healthy, poorly, teeth, toothpaste, hand washing, soap	<b>The power of sleep</b> - exploring ways in which we can maintain physical and mental health and wellbeing. Pupils focus on the importance of good quality sleep.	<b>Making healthy food choices</b> - exploring ways in which we can maintain physical and mental wellbeing. Pupils focus on what makes a healthy diet.	<b>Germs</b> - exploring ways in which we can maintain physical and mental health and wellbeing. Pupils focus on the need for personal hygiene, including washing and teeth cleaning, to protect against germs that can make us unhealthy or unwell.
<b>Coping with Change</b>	Coping with feelings around the changes in our lives.	changes, support, feelings, sad, empathy, sympathy, happy, positive, kind, emotions	<b>New changes</b> - exploring feelings around changes in our lives. Pupils to begin thinking about the changes they have experienced or may experience in the future, and to articulate their feelings about these.	<b>Feeling sad and showing empathy</b> - exploring feelings around changes in our lives. Pupils focus on ways to show sympathy to others in times of need and how to cope with sad events.	<b>Happiness</b> - exploring feelings around changes in our lives, and promotes the message of positivity and happiness. Pupils learn about ways to help themselves feel happier and more positive if they are experiencing challenges.