



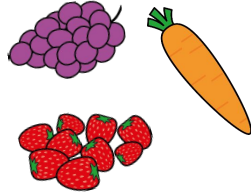
Year 3 Curriculum For Life - Autumn Term 1: Health & Wellbeing



1. Feelings and **emotions** are part of our health and wellbeing. It is important to **express** our feelings.

2. Feelings can be experienced in different ways in the body.

4. Healthier snacks have less sugar.



5. Handwashing can help prevent the spread of **infection**.



6. Age **restrictions** can help keep us safe online.



3. **Exercise** is good for heart health. It can put you in a good **mood**. It can also help to maintain a **healthy** weight.



emotions	How we feel e.g. happy, anxious, sad, jealous.
exercise	Being physically active.
express	To make something known, often using words.
healthy	A state of physical, mental and social wellbeing.
infection	Any disease caused by germs/bacteria.
mood	A person's emotional state.
restrictions	A rule or law that limits something.

Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill



Year 3 Curriculum For Life - Autumn Term 2: Relationships



1. Families can support and care for each other in different ways.



2. Good **friends** can make you feel supported, cared for, understood and happy.



3. Everyone deserves **respect**, including those in positions of authority.



5. Knowing someone online can be different to knowing someone offline.



- 4 & 6. It is important to recognise the difference between **disagreements** and **bullying**.



7. The **PANTS rule** helps us to recognise good and bad touch.

belonging	A feeling of being part of something.
bully	A person who habitually seeks to harm/threaten others.
bullying	To seek to harm or threaten others.
disagreement	When people do not share the same opinion.
family	Two or more people who are connected.
features	A detail that stands out.
friend	A person who you respect and value, and vice versa.
manners	Polite behaviour that shows others respect, courtesy and kindness.
respect	Accepting someone for who they are.

Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill



Year 3 Curriculum For Life - Spring Term 1: Citizenship



1. There are specific **rights for children**.



2. The **law** is a set of **rules** for everyone to follow.



3. Having **opinions** about things is good and contributes **positively** to society.

4. There are many benefits to living in a **society**.



5. Protecting local **habitats** is important.



6. A person's **identity** can be represented in different ways online.

citizenship	Being a responsible member of a society.
habitat	The natural environment or home of something.
identity	A person's sense of self.
law	The system of rules that a community follows.
opinion	A view or judgement about something.
positively	Doing something in a good way.
protect	To keep safe from harm or injury.
rights	Freedoms that are protected by laws.
society	People that share the same laws, rights and resources.

Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill



Year 3 Curriculum For Life - Spring Term 2: Health & Wellbeing



1. It is important to keep yourself safe in the event of an **emergency**.



2. Using some **medicines** and household products can be risky.



3. **Physical changes** and the **development** of different skills are part of growing up.



4. As we grow older we need to take more responsibility for our **personal hygiene**.



5. **Passwords** help to protect our **reputation** online.



6. It is important to consider what to share **online** and with whom.

Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill

development	How something changes over time.
emergency	A serious, unexpected and dangerous situation.
hygiene	The way we care for our bodies.
medicines	A substance that helps treat disease or illness.
personal	Relating to ourselves.
physical	Relating to the body.
reputation	The opinion other people have about you.



Year 3 Curriculum For Life - Summer Term 1: Relationships



1. Children's toys can reinforce **gender** stereotypes.



2. **Stereotypes** can be based on different factors such as age

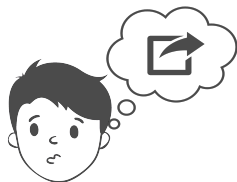


3. It is important to ask other people for **permission** in different situations.



4. Online **search engines** can be used to find out information about people.

5. You must always ask **permission** before **sharing** information online.



6. Good **secrets** are always temporary.

Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill

gender	Characteristics of males and females that are socially constructed.
permission	The act of allowing someone to do something.
search engine	A program that finds webpages on the web.
secret	Something kept hidden or unexplained.
sharing	To let someone see or have access something.
stereotype	An assumption about what someone will do / act based on a particular group or aspect.



Year 3 Curriculum For Life - Summer Term 2: Economic Wellbeing



1. There are a range of **jobs** - paid and unpaid.



2. It may not be possible to have everything you want straightaway, if at all.



4. There are a range of ways to pay for things that don't involve **cash**.



6. The **internet** can be used to sell and buy things.



5. Being **charitable** means that you do something for somebody else or for a good cause.



7. It is important to know the difference between '**opinions**', '**beliefs**' and '**facts**'.



3. Choices we make about spending and saving our **money** can be influenced by, and have an impact on, other people.

belief	A firm thought that something is true, based on evidence.
cash	Currency: coins or notes used to pay for things.
charitable	Doing something for somebody/a good cause.
fact	A statement we know to be true.
money	What we give in return for goods.
opinion	A view or judgement about something, not necessarily based on evidence

Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill