

Year 3

Unit of Work	Objectives Covered	Date Covered
<u>My healthy self: How can I take care of my mind and body?</u>	L1 – How do emotions affect my body? L2 – How can I tell how someone else might be feeling? L3 – How are my mind and body connected? L4 – How does sleep help my mind and body? L5 – What can I do when I experience strong emotions? L6 – When should I ask an adult for emotional support?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Connecting with others: What helps us feel safe and included?</u>	L1 – How can I respect myself? L2 – What are personal boundaries? L3 – What makes a family? L4 – How can I be a good friend? L5 – How can we repair a friendship after falling-out? L6 – What are the different types of bullying?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>The online world: How should we communicate online?</u>	L1 – How do we communicate online? L2 – How can we be respectful when we communicate online? L3 – How can communication online be misunderstood? L4 – How should I respond to online bullying? L5 – Why do we need to be careful when communicating online? L6 – How can I keep myself safe online?	L1 - L2 - L3 - L4 - L5 - L6 -

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<u>Citizenship – What rights and responsibilities do we have?</u>	L1 – What are human rights? L2 – What rights should children have? L3 – How can we help the environment by reducing what we use? L4 – How can reusing items help the environment? L5 – Why is recycling important? L6 – How do local councils help look after their communities?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Health protection: How can we prevent illness and injury if they happen?</u>	L1 – L2 – L3 – L4 – L5 – L6 –	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Citizenship: What careers fo people choose and why?</u>	L1 – L2 – L3 – L4 – L5 – L6 –	L1 - L2 - L3 - L4 - L5 - L6 -