

Year Three

Lesson 2

Lesson length: 60 minutes

Unit title: Being part of the wider world

Lesson title: How does a community support one another?

*NB Please source the pictures for the activity below from your locality

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Learning objectives

To be able to signpost to services within a community and beyond

To know about people/places that support communities locally and nationally

Suggested activities

Recap previous learning. What makes a community?

How do people in a community help and support one another? For example, we might help an elderly neighbour with their bins. We all help each other by using litter bins. Drivers make sure they drive safely to take care of pedestrians.

Who do we have in the community that helps us?

Ask pupils to write suggestions on post it notes (Doctors, dentist, ambulance, NHS, libraries, police etc...) Share suggestions (checking which are repeated and which only a few pupils suggest).

Relationships and Health Education

Learning outcomes

Mental health and wellbeing

- the benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental well-being and happiness

Respecting relationships

- the importance of respecting others even through differences

Activity Pupils to match the name of a service or person with a brief description of its role. (For example 'The Health Centre: we can go there if we feel ill or need advice on being healthy' 'The library: we can borrow books or use the internet there' 'Family Support Worker: someone who can help our family when we have a problem).

Discuss and clarify correct matches. Check understanding by asking where people would go for different support. For example; Where would a mum go for support with a new baby?

Who might need more help in our community? Why? (Pregnant women, single-parent, disabled people, the elderly)

Look at role of leisure centres and parks.

On a map of your local area put a cross where there is a leisure centre and a circle for parks.

- Who works there?
- Are they paid?
- Why volunteer?
- What activities can you do at a leisure centre and parks?
- How does it make you feel?

Explain the benefits of physical exercise and time outdoors to our mental wellbeing and happiness.

Activity Pupils draw a poster for their local park about what you can do there and why it is good for you.

Debrief Pupils work in groups and identify two positives about their local community/area.

Unicef Articles

Article: 7,9,10,12,13,14,17,18,19,21,22,23,24,25,26,27,28,31

Resources

List of places/people and their role
Map of local area

Key vocabulary

Voluntary
Community
Mental wellbeing
Physical