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| YEAR 3 AUTUMN | | | | | |
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|  | **HEALTH EDUCATION** | | | | |
| 1 | 2 **MENTAL WELLBEING** | 3 **MENTAL WELLBEING** | **4 MENTAL WELLBEING** | 5 **HEALTHY EATING** | **6 HEALTHY EATING** |
| To set a goal | To learn about the different feelings and emotions  people experience; how feelings and emotions change and what helps  people to feel good. | Learn about ways of expressing feelings and emotions and why this is important. | Learn about managing  feelings and emotions in  different situations  Learn about getting help, advice and support with feelings and emotions. | To understand what food groups make up meals. | To explain how food choices  can contribute to tooth  decay. |
| Year 3 to follow the ‘Zones of Regulation’ planning from Robson House | | |
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| **HEALTH EDUCATION** | | | **RELATIONSHIPS EDUCATION** | | |
| **7. BEING SAFE** | **8. BEING SAFE** | **9. BEING SAFE** | 10. **RESPECTFUL RELATIONSHIPS** | 11. **CARING RELATIONSHIPS** | 12. **CARING RELATIONSHIPS** |
| To explain how to keep safe when walking on roads. | To explain how to keep safe when walking on roads. | To learn how to be safe on dark roads. | ANTIBULLYING WEEK  To develop an awareness and definition of bullying and unkindness. | To explore ways of resolving conflict. | To explore ways of resolving conflict. |

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| YEAR 3 SPRING | | | | | |
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|  | | | | **RELATIONSHIPS EDUCATION** | |
| **1** | **2** | **3** | **4** | **5 ONLINE RELATIONSHIPS** | **6 ONLINE RELATIONSHIPS** |
| To understand the rights of a child. | To understand the link between being paid to do a job and having money to spend. | To make consumer choices and explain their decisions. | To explain why democracy is important. | To understand how to stay safe online. | To understand how to stay online. |
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| **HEALTH EDUCATION** | | | | **RELATIONSHIPS EDUCATION** |  |
| **7. DRUGS, ALCOHOL & TOBACCO** | **8. DRUGS, ALCOHOL & TOBACCO** | **9. BASIC FIRST AID** | **10. HEALTH AND PREVENTION** | **11. RESPECTFUL RELATIONSHIPS** |  |
| To learn the definition of a drug and that drugs  (including medicines) can be harmful to people. | Learn about the effects and risks of smoking tobacco and second hand smoke. | Know what to do and how to call for help if you are faced with an emergency situation. | VACCINATION LESSON  Pupils learn the definition of a vaccination, how the immune syste­m functions and how they work to keep us healthy. | Pupils learn about what identity is and explore what makes everyone unique and special. |  |

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| YEAR 3 SUMMER | | | | | |
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| **RELATIONSHIPS EDUCATION** | | | | | |
| **1 CARING RELATIONSHIPS** | **2 RESPECTFUL RELATIONSHIPS** | 3 **GROWTH & DEVELOPMENT** | **4 RESPECTFUL**  **RELATIONSHIPS** | **5 RESPECTFUL**  **RELATIONSHIPS/BEING SAFE** | **6 MENTAL WELLBEING** |
| To identify the qualities of a good friend. | To know about stereotyping of males and females.  To understand the link between gender stereotyping and discrimination. | To know the biological differences between males and females. | To explore family differences and challenge stereotyping.  To understand that people sometimes have stereotypes about families. | To know you can say no to bad touch. | To identify positive thoughts. |
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| **HEALTH EDUCATION** | **RELATIONSHIPS EDUCATION** | | | |  |
| **7 MENTAL WELLBEING** | **8 CARING RELATIONSHIPS** | 9 **CARING RELATIONSHIPS** | **10 CARING RELATIONSHIPS** | **11 CARING RELATIONSHIPS** |  |
| To explore the concept of self-talk. | To explore healthy relationships. | To explore healthy relationships. | To explore healthy relationships. | To recap what a good friend is. |  |