

1Key stage	Year group	Curriculum	Statutory guidance core theme	Pupils should know...	Learning objective	Learning outcomes	Key questions	Key words	Resources
KS2	YR 3 Autumn 1	Relationships Education/Health Education	Online relationships/ internet safety and harms	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Pupils can identify the difference between secrets and surprises, knowing when it is right to break a confidence and share a secret, including within an online context.	I can identify the difference between secrets and surprises. I know that it is OK to keep a surprise and important to share some secrets. I have considered ways to appropriately share secrets I am asked to keep, including when online.	How does it feel to be excited by a surprise? What types of things might someone ask you to keep a secret online? Who would be a trusted adult if you need to share a secret?	Secret; Surprise; Online; Trust; Share	Lesson plan: RSE Solution. YR 3, Lesson 6. 3 lessons This will also be reinforced in ICT in Autumn 1. Thinkuknow.com
KS2	YR 3 Autumn 1	Relationships Education	Families and people who care for me	The characteristics of healthy family life, commitment to each other including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.	I can recognise the different types of family relationships people enjoy. I can identify the different types of family relationships I am in. I have considered the ways people show they care for each other within a respectful relationship.	What relationship behaviour is most important to you? Does this help you to enjoy a respectful relationship? How important is it that everyone involved in a relationship is respectful towards each other?	Family; Relationship; Respect	Lesson plan: RSE Solution YR 3, Lesson 3 3 lessons
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KS2	YR 3 Autumn 1	Relationships Education	Caring friendships	That most friendships have ups and downs and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	Pupils can distinguish different kinds of conflict; know when and where to get help.	I can talk about my opinions and explain my views. I can resolve differences by looking at alternatives.	What kinds of things cause arguments between friends? Are disagreements always bad? Is it ever useful to be angry?	Arguments; Disagreements; Conflict; Resolution	Twinkl: A Good Friend Worksheet BBC Teach, PSHE KS2- Friendship Struggles May also find a useful book/story to refer to. 2/3 lessons

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KS2	YR 3 Autumn 2	Relationships Education	Respectful relationships	What a stereotype is and how stereotypes can be unfair, negative or destructive.	Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy or one way to be a girl.	I recognise that there are ways in which some people believe that boys and girls should behave. I recognise that everyone has similarities and differences, irrespective of gender. I know that I can follow any aspiration I have for myself.	Does being born with the body of a boy or a girl make any difference to your feelings, likes and dislikes? Should someone change the things they want to do to avoid other people being unkind to them, if this makes them unhappy?	Gender; Stereotype	Lesson plan: RSE Solution. YR 3, Lesson 4. 3 Lessons
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KS2	YR 3 Autumn 2	Relationships Education	Being safe	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. How to recognise and report feelings of being unsafe or feeling bad about any adult.	Pupils understand the right to protect themselves from unwanted touch, feeling unsafe or feeling bad.	I know that it is my right to decide who can touch my body. I have thought about the reasons why someone may need to touch my body. I know how to respond if someone makes me feel uncomfortable, unsafe or bad.	Does your comfort around touch depend on: Who is touching you? Where someone is touching you? How someone is touching you?	Comfortable; Uncomfortable; Penis; Testicles; Vulva; Vagina	Lesson plan: RSE Solution. YR 3, Lesson 5. 3 Lessons
KS2	YR3 Spring 1	Health Education	My Body	how their body may change and develop and how to celebrate their uniqueness.	Pupils know how their body may change and develop and how to celebrate their uniqueness.	I understand how my body might change as I grow and develop.		Similar; Unique.	Lesson plan: RSE Solution. YR 3, Lesson 2 (Activity 1 and 2) 2 lessons
KS2	YR 3 Spring 1	Health Education	Mental wellbeing	That mental wellbeing is a normal part of daily life in the same way as physical health	Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem and happiness.	I understand what is meant by self-esteem and how this helps me to be happy. I can recognise some of my strengths. I have set an aspirational goal for myself.	How does positive self-talk influence feelings, behaviour and happiness? How could you use positive self-talk if you experience low self-esteem to raise this, increasing happiness?	Aspiration; Compliment; Happiness; Self-esteem; Self-talk	Lesson plan: RSE Solution. YR 3. Lesson 1 3 Lessons Mind.org.uk

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KS2	YR 3 Spring 1	Health Education	Physical Health and fitness	The characteristics and mental and physical benefits of an active lifestyle.	Pupils are able to identify an enjoyable form of physical activity, understanding why it is important to be physically active.	I know it is important to be physically active. I have identified a type of physical activity that I enjoy.	What is physical activity? What physical activities do you enjoy? How does your body feel when you are doing a physical activity? How do you feel after you have been physically active?	Physical activity; Exercise	Twinkl Healthpoweredkids.org Discuss types of physical exercise, where do children take part in exercise? School, clubs etc? 1 /2 lessons
KS2	YR 3 Spring 2	Health Education	Drugs, alcohol and tobacco	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.	Pupils understand that perceptions around risk taking behaviours, including drugs and alcohol can add pressure to do something that they are uncomfortable to do.	I know that some people pretend to do things that are illegal. I know that taking illegal drugs is against the law. I can resist pressure to do something that makes me feel uncomfortable.	What is a 'drug'? Are all drugs legal/illegal? Why might someone pretend to do something, like drink alcohol, when they haven't?	Drugs; Smoking; Alcohol; Illegal; Peer pressure	PSHE association (they have specific lessons) Safe4me.co.uk- this website has access to the lesson mentioned above. Twinkl PowerPoint 2 Lessons
KS2	YR 3 Spring 2	Health Education	Health and prevention	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	Pupils understand the danger of overexposure to the sun.	I know that overexposure to the sun can be unhealthy. I can suggest ways to be safe in the sun.	Do you enjoy the sunshine? What types of activities can you do when it is sunny? How can you protect your skin from sun damage?	Sunshine; UV; Protection	Sunsafeschools.co.uk 2 lessons
KS2	YR 3 Spring 2	Health Education	Basic first aid	Concepts of basic first aid, for example dealing with common injuries, including head injuries.	Pupils can explain what first aid is and why it is important.	I know that first aid can help me with everyday accidents.	What is an injury? Can first aid only be given by adults?	First aid; Accident; Hurt; Illness	Redcross.org.uk Invite a first aider into school Either a parent or St Johns Ambulance. Use St Johns online resources. Ensure children know who to call For help.

As this is a new curriculum we have left Summer empty so, we can have flexibility to add in topics as needed throughout the school year and still be able to cover what we aim as above.