

Sleep and relaxation

We learn that sleep is important for health and we talk about how we can relax before bed. We learn relaxation and breathing techniques in the yoga Zen Den.



Friendship and Bullying

We learn a good friend in greater depth. We recognise the different types of friendships that are important to us and explain why friendship and having friends is valuable. We describe what is most important in a friendship. We learn how to maintain good friendships and about solving disagreements and conflict amongst ourselves and our peers.

Online safety

We learn what makes a safe password. Methods for keeping passwords safe. We understand how the Internet can be used in effective communication. We understand how a blog can be used to communicate with a wider audience and to consider the truth of the content of websites. To learn about the meaning of age restrictions symbols on digital media and devices.



Healthy eating

We identify the food in each food group. We learn that sometimes we eat a food by itself and other times we eat different types of food together. We look at dishes in turn and identify a food in the dish and the food group to which it belongs. We learn about ingredients which may be in the dish but cannot be seen, e.g. oil (for cooking). We learn that People around the world choose and combine different food to make meals and snacks but that these contain the same food groups.

RSHE Scheme of Work

Year 3



Oral Health

Children learn about how a balanced diet can help in keeping teeth healthy. They learn that certain foods are good for oral health and that certain food are bad for teeth.

Mental Health and Wellbeing

We learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good. We identify that feelings/emotions are part of a person's health and wellbeing. We recognise that feelings usually change throughout the day and we give examples of everyday things that can affect feelings. We can describe what can help people to feel good/better.

Physical activity

We understand why it is important to exercise for a healthy heart. We will be encouraged to think about small changes that we can make to increase our daily physical activity for example walking to school, joining Parkrun etc



Drugs and Alcohol

We learn that substances enter the body in different ways. We understand that we can choose to use or not use social drugs such as tobacco.