

Year 3		
	Topic	Lessons
Term 1		
	Healthy Relationships	How can I build positive friendships?
	Healthy Relationships	How can I seek support from my friends if I'm feeling lonely or excluded?
	Healthy Relationships	How can I make sure I communicate effectively with my friends online?
	Healthy Relationships	What are the risks of talking to strangers online?
	Healthy Relationships	What are the risks of talking to strangers online? Including strategies if I am worried about any contact online
	Healthy Relationships	How can I make sure I'm safe online? (Including - passwords & adult supervision)
	Healthy Relationships	How can I make sure I'm safe online? (Including - Trusted Websites)
Term 2		
	Living the Wider World	What are laws?
	Living the Wider World	What laws do we have in this country?
	Living the Wider World	What happens if we break the law?
	Living the Wider World	What is the role of the police?
	Living the Wider World	What are human rights?
	Living the Wider World	What are the main human rights (including children's rights)
	Living the Wider World	If I have rights, what are my responsibilities with these rights?
Term 3		
	Health & Wellbeing	Why is sleep and rest important?

	Health & Wellbeing	How can being online/gaming too much impact my health?
	Health & Wellbeing	What can I do to relax? (Playing outside / Listening to Music / spending time with others)
	Health & Wellbeing	What is mindfulness? (Activity to breath & focus)
	Health & Wellbeing	How might what I put into my body impact how I feel?
	Health & Wellbeing	How can I share my feelings if I'm feeling overwhelmed?
Term 4		
	Healthy Relationships	What is trust? How do I know who to trust?
	Healthy Relationships	How do I know who not to trust?
	Healthy Relationships	What do I do is someone ever makes me feel uncomfortable?
	Healthy Relationships	How do I know who to trust online?
	Healthy Relationships	How can I report something that has made me feel uncomfortable online?
	Healthy Relationships	How can I keep myself safe online?
Term 5		
	Health & Wellbeing	What is meant by a healthy diet?
	Health & Wellbeing	What foods should be eaten regularly or just occasionally?
	Health & Wellbeing	What are the impacts of bad food on my mind?
	Health & Wellbeing	What are the impacts of bad food on my body? (include dental hygiene)
	Health & Wellbeing	How can I make sure I get enough exercise?
	Health & Wellbeing	Why is exercise good for my body?

	Health & Wellbeing	Why is exercise good for my mind?
Term 6		
	Living the Wider World	What is a role model?
	Living the Wider World	Explore: Female role models (In STEM)
	Living the Wider World	Explore: Male role models (In STEM)
	Living the Wider World	Explore: Female role models (In creative industry)
	Living the Wider World	Explore: Male role models (In creative industry)
	Living the Wider World	Project: Who is my role model?
	Living the Wider World	Project: Who is my role model?