

St Joseph's Catholic Primary School



Year 3 Objectives

Building on Key Stage 1, pupils will learn:

Health and Wellbeing

- What positively and negatively affects their physical, mental and emotional health (including the media)
- How to make informed choices (including recognising that choices can have positive, neutral and negative consequences)
- Begin to understand the concept of a 'balanced lifestyle'
- To recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet
- To reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals
- To learn about change, including transitions (between Key Stages and schools),
- To explore feelings such as loss, separation, divorce and bereavement
- To differentiate between the terms, 'risk', 'danger' and 'hazard'
- To deepen their understanding of risk by recognising, predicting and assessing risks in different situations and deciding how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience
- That bacteria and viruses can affect health and that following simple routines can reduce their spread

Relationships

- To recognise and respond appropriately to a wider range of feelings in others
- To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships
- To be aware of different types of relationship, including those between acquaintances, friends, relatives and families
- To realize that their actions affect themselves and others
- To judge what kind of physical contact is acceptable or unacceptable and how to respond
- To recognise the concept of 'keeping something confidential or secret' and when we should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'

Living in the Wider World

- That there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment
- To research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer their recommendations to appropriate people
- To understand why and how rules and laws that protect themselves and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules