



~A Time for Us~

Year 3 & 4

Health and Wellbeing

Within the topic of Health and Wellbeing we learn about; Healthy Lifestyles, Growing and changing, and keeping safe.

Learning about **Healthy Lifestyles** includes learning about; balanced lifestyles, choices and our health and wellbeing. We discuss balanced diets, choices, food, viruses, bacteria and hygiene routines. We look at influences and explore the media, images and what is reality/fantasy, and true/false. We talk about habits and drugs; including alcohol, tobacco, medicines and caffeine.

Learning about **Growing and Changing** includes learning about; our achievements, aspirations, goals, strengths and target-setting. We discuss conflicting emotions, feelings and how to manage our feelings. We look at change, transitions, loss, separation, divorce and bereavement. We also start to look at puberty in Y4 and physical and emotional changes.

Learning about **Keeping Safe** includes learning about; risks, dangers, hazards, rules, responsibilities and safety. We discuss pressure, managing pressure and influences linked to the media and our peers. We look at emergency aid, where to get help and how to stay safe. We focus on safety, particularly online safety, with regard to sharing personal information, passwords and images, this includes where to get advice, support and who to ask for help.

Relationships

Within the topic of Relationships we learn about; Feelings and Emotions, Healthy Relationships and Valuing Difference.

Learning about **Feelings and Emotions** includes discussions about feelings, empathy and how to recognise others' feelings. We discuss what confidentiality means and the difference between secrets and surprises. We talk about personal safety and how to manage dares and challenges.

Learning about **Healthy Relationships** includes discussions about positive relationships including friendships, families and couples and what privacy means. We discuss how our

actions and behaviour have consequences. We talk about physical contact, personal boundaries and touch, and what is acceptable/unacceptable. We encourage working collaboratively, sharing and having shared goals. We gain an understanding into what dispute, conflict, feedback, negotiation and compromise mean.

Learning about **Valuing Difference** includes discussions around people, identity, and similarities and differences. We discuss equality, stereotypes and discrimination, exploring what bullying and aggressive behaviour may look like.

Living in the Wider World

Within the topic of Living in the wider world we learn about; Rights and Responsibilities, Taking Care of the Environment and Money.

Learning about **Rights and Responsibilities** includes us taking part in discussions and debates around topical issues, problems and events. We look at resolving difference, share points of view, decisions and choices. We look at laws and rules, including making and changing them. We explore what human children's rights are and why they exist. We discuss what anti-social behaviour is; including aggression, bullying, and discrimination. We talk about our communities and the people within it, finding out more about their values, customs, differences, diversity, and identities. We explore media, social media and our responsibilities relating to information sharing and forwarding.

Learning about **Taking care of the environment** includes; learning about our duties and exploring what choices we make within our homes, school and local environment. We discuss resources and sustainability.

Learning about **Money** includes exploring what spending, saving and budgeting mean. We learn about interest, loan, tax and debt. We discuss enterprise, enterprise skills and look at entrepreneurs.