

Year 3 Time For Us Curriculum Map 2025/2026

	Autumn Term		Spring Term		Summer Term	
Theme	1: Being me in my world	Relationships	Healthy Me	Celebrating Difference	Dreams and Goals	Changing Me
LOs	<ol style="list-style-type: none"> 1. I understand that my actions affect myself and others. 2. I understand my role in my class and school community. 3. I know how rules help us and why we have them. 4. I understand how my behaviour affects others and how to take responsibility. 5. I know how to work with others to achieve a shared goal. 6. I understand how having a voice helps 	<ol style="list-style-type: none"> 1. I know what makes a good friend and how to be one. 2. I know how to resolve conflicts in friendships . 3. I know how to recognise and challenge bullying. 4. I understand how my words and actions affect others. 5. I understand 	<ol style="list-style-type: none"> 1. I understand why it is important to make healthy choices. 2. I know how to keep myself safe in different situations. 3. I understand the importance of sleep, exercise, and healthy eating. 4. I know how to stay safe online and when using 	<ol style="list-style-type: none"> 1. I understand what makes people unique. 2. I know why it is important to respect and celebrate differences. 3. I understand that people can be treated unfairly because of differences. 4. I know how to challenge stereotype 	<ol style="list-style-type: none"> 1. I know what a goal is and why setting goals is important. 2. I know how to set and work towards my goals. 3. I understand that challenges are part of working towards goals. 4. I know that people face difficulties when trying to achieve their dreams. 5. I know that learning from mistakes helps me improve. 6. I know how to work with others to achieve a shared goal. 	<ol style="list-style-type: none"> 1. I understand that my body will change as I grow older. 2. I know how to talk about my feelings regarding change. 3. I understand how my emotions may change as I grow up. 4. I know how to look after my body and personal hygiene. 5. I know that change

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	<p>my school and community.</p> <p>7. I know why it is important to show respect for others.</p> <p>8. I know how my actions can help make my school and community a better place.</p>	<p>d what peer pressure is and how to manage it.</p> <p>6. I know that friendships change over time and how to manage this.</p> <p>7. I know how to support friends when they face challenges.</p>	<p>digital devices.</p> <p>5. I know how to manage my emotions and stay calm in difficult situations.</p> <p>6. I understand why it is important to take care of my mental health.</p>	<p>s.</p> <p>5. I know how to stand up for what is right.</p>	<p>7.</p>	<p>can sometimes be difficult, and I can talk about my worries.</p> <p>6. I know how to manage my emotions about change.</p> <p>7. I know who to talk to if I feel worried about changes.</p>
Key Vocab	<ul style="list-style-type: none"> ● Rules ● Rights ● Democracy ● Respect ● Community ● Responsibility 	<ul style="list-style-type: none"> ● Trust ● Communication ● Conflict ● Compromise 	<ul style="list-style-type: none"> ● Nutrition ● Exercise ● Mental health ● Well-being ● Hygiene 	<ul style="list-style-type: none"> ● Stereotypes ● Discrimination ● Identity ● Equality 	<ul style="list-style-type: none"> ● Ambition ● Perseverance ● Resilience ● Determination 	<ul style="list-style-type: none"> ● Body changes ● Feelings ● Emotions ● Self-awareness

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	<ul style="list-style-type: none">● Impact● Inclusion	<ul style="list-style-type: none">● Empathy● Bullying● Peer pressure● Support	<ul style="list-style-type: none">● Safety● Choices● Balance	<ul style="list-style-type: none">● Unfairness● Respect● Inclusion● Prejudice	<ul style="list-style-type: none">● Effort● Problem-solving● Success● Progress	<ul style="list-style-type: none">● Coping strategies● Support● Understanding● Puberty
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