

### Year 3 Progression map

	Statutory Guidance For Relationships Education, RSE and Health Education ( 2020)	REMEMBER (prior Knowledge)	KNOW (new knowledge)
<u><b>Being Me in My World</b></u> <u><b>Autumn 1</b></u>	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> <li>• how important friendships are in making us feel happy and secure, and how people choose and make friends.</li> <li>• that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</li> <li>• the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</li> <li>• the importance of self-respect and how this links to their own happiness</li> <li>• the importance of permission seeking and giving in relationships with friends, peers and adults</li> <li>• what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</li> <li>• Where to get advice e.g. family, school and/or other sources.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the rights and responsibilities of class members</li> <li>• Know about rewards and consequences and that these stem from choices</li> <li>• Know that it is important to listen to other people</li> <li>• Understand that their own views are valuable</li> <li>• Know that positive choices impact positively on self-learning and the learning of others</li> <li>• Identifying hopes and fears for the year ahead</li> </ul>	<p>Week 1- Recognise self-worth. Identify personal strengths</p> <p>Week 2- Understanding what a challenge is</p> <p>Week 3- Know why rules are needed and how these relate to choices and consequences</p> <p>Week 4- Know that actions can affect others' feelings.</p> <p>Week 5- Know that actions can affect others' feelings.</p> <p>Week 6-. Know that others may hold different views Know that actions can affect others' feelings</p>
<u><b>Celebrating Difference</b></u> <u><b>Autumn 2</b></u>	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> <li>• that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect</li> </ul>	<ul style="list-style-type: none"> <li>• Know the difference between a one-off incident and bullying</li> <li>• Know that sometimes people get bullied because of difference</li> </ul>	<p>Week 1- Know why families are important. Know that everybody's family is different</p> <p>Week 2 -Know that conflict is a normal part of relationships</p>

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	<p>those differences and know that other children's families are also characterised by love and care</p> <ul style="list-style-type: none"> <li>• that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up</li> <li>• the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that friends can be different and still be friends</li> <li>• Know it is good to be yourself</li> </ul>	<p>Week 3 - Know what it means to be a witness to bullying.</p> <p>Week 4 - Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</p> <p>Week 5 - Know that some words are used in hurtful ways</p> <p>Week 6 - Know that some words are used in hurtful ways and that this can have consequences</p>
<p><u>Dreams and goals</u> <u>Spring 1</u></p>	<ul style="list-style-type: none"> <li>• the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</li> <li>• the importance of self-respect and how this links to their own happiness</li> <li>• about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</li> <li>• how to ask for advice or help for themselves or others, and to keep trying until they are heard.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to choose a realistic goal and think about how to achieve it</li> <li>• Know that it is important to persevere</li> <li>• Know how to recognise what working together well looks like</li> <li>• Know how to share success with other people</li> </ul>	<p>Week 1- Know about specific people who have overcome difficult challenges to achieve success</p> <p>Week 2- Know what dreams and ambitions are important to them</p> <p>Week 3- Know how they can best overcome learning challenges</p> <p>Week 4- Know that they are responsible for their own learning</p> <p>Week 5- Know what an obstacle is and how they can hinder achievement Know how to take steps to overcome obstacles</p> <p>Week 6 - Know how to evaluate their own learning progress and identify how it can be better next time</p>

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<p><u>Healthy me</u> <u>Spring 2</u></p>	<ul style="list-style-type: none"> <li>the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness</li> <li>simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</li> <li>what constitutes a healthy diet (including understanding calories and other nutritional content)</li> <li>the principles of planning and preparing a range of healthy meals</li> <li>the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</li> </ul>	<ul style="list-style-type: none"> <li>Know what their body needs to stay healthy</li> <li>Know what relaxed means</li> <li>Know why healthy snacks are good for their bodies</li> <li>Know which foods given their bodies energy</li> <li>Know that it is important to use medicines safely</li> <li>Know what makes them feel relaxed/stressed</li> <li>Know how medicines work in their bodies</li> <li>Know how to make some healthy snacks</li> <li>Feel positive about caring for their bodies and keeping it healthy</li> <li>Have a healthy relationship with food</li> </ul>	<p>Week 1- Know how exercise affects their bodies</p> <p>Week 2- Know that the amount of calories, fat and sugar that they put into their bodies will affect their health</p> <p>Week 3- Know that there are different types of drugs</p> <p>Week 4- Know that there are things, places and people that can be dangerous</p> <p>Week 5- Know when something feels safe or unsafe .Know a range of strategies to keep themselves safe</p> <p>Week 6- that their bodies are complex and need taking care of.</p>
<p><u>Relationships</u> <u>Summer 1</u></p>	<ul style="list-style-type: none"> <li>that families are important for children growing up because they can give love, security and stability</li> <li>that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</li> <li>that stable, caring relationships, which may be of different types, are at the heart of happy</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Know that there are lots of forms of physical contact within a family</li> <li>Know how to stay stop if someone is hurting them</li> <li>Know there are good secrets and worry secrets and why it is important to share worry secrets</li> <li>Know what trust is</li> <li>Know that everyone's family is different</li> </ul>	<p>Week 1- that different family members carry out different roles or have different responsibilities within the family</p> <p>Week 2- Know some of the skills of friendship, e.g. taking turns, being a good listener</p> <p>Week 3- Know some strategies for keeping themselves safe online</p> <p>Week 4 Know how some of the actions and work of people around the world help and influence my life</p> <p>Week 5- Know that they and all children have rights (UNCRC)</p>

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	<p>families, and are important for children's security as they grow up</p> <ul style="list-style-type: none"> <li>• how important friendships are in making us feel happy and secure, and how people choose and make friends</li> </ul>	<ul style="list-style-type: none"> <li>• Know that families function well when there is trust, respect, care, love and co-operation</li> </ul>	<p>Week 6- express appreciation to my family.</p>
<p><u>Changing me</u> <u>Summer 2</u></p>	<ul style="list-style-type: none"> <li>• that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</li> <li>• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</li> <li>• about menstrual well-being including the key facts about the menstrual cycle.</li> </ul>	<ul style="list-style-type: none"> <li>• Know the physical differences between male and female bodies</li> <li>• Know that private body parts are special and that no one has the right to hurt these</li> <li>• Know who to ask for help if they are worried or frightened</li> <li>• Know there are different types of touch and that some are acceptable and some are unacceptable</li> <li>• Know the correct names for private body parts</li> <li>• Know that life cycles exist in nature</li> </ul>	<p>Week 1- Know that in animals and humans lots of changes happen between conception and growing up</p> <p>Week 2- Know that in nature it is usually the female that carries the baby. Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</p> <p>Week 3- Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</p> <p>Week 4- Know some of the outside body changes that happen during puberty. Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</p> <p>Week 5- Can identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry</p> <p>Week 6- Can identify changes they are looking forward to in the next year</p>