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Year 3

Personal Development, Wellbeing and Safeguarding in our curriculum

Character development

Year 3: Developing Resilience & Honesty

Focus: Understanding right and wrong and managing challenges

- Handling failure and trying again (resilience)
- Honesty and trust-building through role-play
- Talking through conflict and finding compromises
- Setting personal goals and reviewing progress
- Showing courage in new or uncomfortable situations
- Respecting different viewpoints in discussions
- Working fairly in groups and recognising contributions
- Practising self-regulation and calming strategies
- Taking initiative with classroom and group tasks
- Reflecting on personal behaviour and impact

Community Links: Kid Clothes Project

- Clothes donation collection
- Creating thank-you cards to express gratitude to donors

Computing

- Understand the importance of strong passwords and keeping them private.
- Recognise when someone is being unkind or unsafe online and know how to report it.
- Learn how to make balanced choices about screen time and real-world activities.
- Begin to understand digital footprints and how online actions can affect ourselves and others.
- Build resilience through recognising mistakes and trying again in programming and problem-solving tasks.

PSHE

- Describe a range of feelings, including positive, negative, and conflicting emotions, using a scale of intensity.
- Explain how feelings are experienced physically and understand the importance of sharing them appropriately.
- Identify common life changes and associated feelings; recognise strategies to manage emotions and show empathy towards others experiencing change or loss.
- Understand human life cycle changes, including differences between male and female bodies, and the importance of personal hygiene.
- Explain what germs are, how they spread, and hygiene routines that reduce illness; understand immunisation and medication roles.
- Define drugs, recognise their effects on feelings, and identify associated risks.
- Define risk, danger, and hazard; identify manageable risks and demonstrate safe risk management.
- Understand school health and safety rules, consequences of breaking them, and emergency procedures.
- Recognise online safety rules, the importance of protecting personal information, and how to report unsafe content.
- Understand the concept of well-being; recognise unhealthy behaviours and ways to improve mental health.
- Know about human rights, including children's rights under the UN Declaration, and actions to take if rights are unmet.
- Explain the meaning and importance of school community and how to contribute positively.
- Recognise unacceptable behaviour and appropriate responses to witnessing it.
- Understand the role of money, feelings linked to saving and borrowing, and the difference between fact and opinion.
- Present and respond to opinions respectfully; recognise and respect similarities and differences in others.
- Recognise how actions affect others physically and emotionally; identify bullying and appropriate responses.
- Understand when to keep or share secrets for safety and identify trusted adults for support.
- Recognise appropriate touch in healthy relationships and understand how to maintain positive friendships.

Teaching opportunities include: assemblies, police-led assemblies, Safeguarding Ambassadors, the Junior Leadership Team, Anti-Bullying Week, and Mental Health Week.

Promoting Future Aspirations Year 3: Understanding Skills and Strengths

Focus: Linking personal strengths to future possibilities

- **"Super Skills" –** Explore skills needed for different jobs
- **Create a "Dream Job Passport" –** log interests, strengths, and goals

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Science

- Follow safety instructions carefully when using scientific equipment and materials
- Recognise the importance of personal hygiene when handling food and substances
- Understand how to work responsibly and cooperatively in group investigations
- Build resilience and curiosity by asking questions, making predictions, and testing ideas
- Communicate observations and conclusions clearly and respectfully
- Identify safe and unsafe substances through practical exploration (e.g. coin cleaning)
- Develop awareness of how environmental factors (e.g. sunlight, nutrition) affect health and wellbeing
- Respect living things and natural resources during investigations and experiments
- Reflect on personal responsibility for contributing to a safe and positive learning environment

RE

- Understand inclusion, fairness, and treating others with dignity in school and community life.
- Show empathy and compassion by recognising and supporting the feelings of others.
- Learn from positive role models who demonstrate care, responsibility, and leadership.
- Reflect on moral choices and consequences to build resilience, confidence, and trust in adults.
- Respect the diversity of beliefs, recognising that people may respond differently to stories and practices.
- Explore emotions by considering forgiveness, hope, and new beginnings, linking them to safe choices and wellbeing.
- Recognise the importance of kindness, honesty, and responsibility in creating safe, supportive communities.
- Develop global awareness by learning how people of different faiths and cultures live, celebrate, and support one another.
- Value themselves and others, contributing positively to community life through respect and responsibility.
- Build resilience and hope by exploring themes of forgiveness, service, and second chances.

Votes for Schools: a weekly programme that gives pupils the chance to explore current issues, discuss them in class, and cast a vote on a key question. It develops critical thinking, respectful debate, and oracy skills, while supporting PSHE, SMSC, and British Values.

Underpinning Themes Year 3

Honesty: Value honesty and practice it consistently, understanding how it builds trust with others.
Respect: Recognise the importance of others' feelings, and show consideration to them.
Kindness: Recognise the value of kindness in building friendships and show respect to others.
Cooperation: Recognise that everyone has strengths to contribute and learn to compromise to achieve shared goals.
Responsibility: Demonstrate responsibility by managing personal belongings and completing tasks independently. Take the initiative to help others without being asked.
Community: Value collaboration, support others in group activities, and take pride in the success of the whole class.
Resilience: Stay motivated, linking self-belief and perseverance together to increase our successful outcomes.
Aspiration: Set personal goals with increasing independence. Understand that effort and perseverance are key to achieving dreams.
Adaptability: Recognize that mistakes are part of learning and adapt your approach when faced with challenges or new tasks.