

Learning for Life

2021



Years 3 & 4

Families and People Who care for Me - Children will learn:

- How families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents).
- How common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays.
- How people within families should care for each other and the different ways they demonstrate this.
- How to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe.

Caring Friendships - Children will learn:

- How friendships support wellbeing and the importance of seeking support if feeling lonely or excluded.
- How to recognise if others are feeling lonely and excluded and strategies to include them.
- How to build good friendships, including identifying qualities that contribute to positive friendships.
- That friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences .
- How to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support.

Mental Health & Well-Being - Children will learn:

- How everyday things can affect feelings.
- How feelings change over time and can be experienced at different levels of intensity.
- The importance of expressing feelings and how they can be expressed in different ways.
- How to respond proportionately to, and manage, feelings in different situations .
- Ways of managing feelings at times of loss, grief and change.
- How to access advice and support to help manage their own or others' feelings
- How to recognise personal qualities and individuality.
- To develop self-worth by identifying positive things about themselves and their achievements.
- How their personal attributes, strengths, skills and interests contribute to their self-esteem.
- How to set goals for themselves.
- How to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking

Respectful Relationships - Children will learn:

- How we belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups.
- What is meant by a diverse community; how different groups make up the wider/local community around the school.
- How the community helps everyone to feel included and values the different contributions that people make.
- How to be respectful towards people who may live differently to them.
- How people's behaviour affects themselves and others, including online .
- How to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return.
- About the relationship between rights and responsibilities .
- About the right to privacy and how to recognise when a confidence or secret should be kept.
- The rights that children have and why it is important to protect these.
- That everyone should feel included, respected and not discriminated against.
- How to respond if they witness or experience exclusion, disrespect or discrimination.
- How to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns.

Online Relationships - Children will learn:

- How to recognise when they are engaging in a safe, online conversations.
- To understand what to do if they receive unsolicited messages or attachments.
- How their behaviour online can affect others.
- How to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online.
- How to report concerns, including about inappropriate online content and contact.

Being Safe – Children will learn:

- How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe.
- How to help keep their bodies protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers.
- That their bodies belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable.
- How to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online).
- How to recognise, predict, assess and manage risk in different situations.

Physical Health - Children will learn:

- How regular physical activity benefits bodies and feelings.
- How to be active on a daily and weekly basis - how to balance time online with other activities.
- How to make choices about physical activity, including what and who influences decisions.
- How the lack of physical activity can affect health and wellbeing.
- How lack of sleep can affect the body and mood and simple routines that support good quality sleep.
- How to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried.

Changes - Children will learn:

- Know about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing.
- How puberty can affect emotions and feelings .
- How personal hygiene routines change during puberty.
How to ask for advice and support about growing and changing and puberty.

Living To Succeed - Children will learn:

- The responsibility to help protect the world around them.
- How everyday choices can affect the environment.
- How what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity).
- To develop the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues.
- How to show care and concern for others (people and animals).
- How to carry out personal responsibilities in a caring and compassionate way.