Year 3 – Larch

	Lesson 1 9:15 – 9.45	Lesson 2 9.45 – 10.45	Lesson 3 11 – 12	Lesson 4 1 – 2	Lesson 5 2 - 3
Autumn 1					
How can we be good friends?	How do my friendships support my wellbeing?	How can we support people who may be feeling lonely? What can we do if we feel lonely?	How do we build good friendships? How do we make our friendships last?	How can we manage problems within our friendships?	How can we tell if a friendship is becoming unhealthy? What do we do to prevent/fix this?
Autumn 2					
What keeps us safe?	How do we recognise hazards and what can we do to reduce risk?	What actions do we take to keep our bodies safe? (ranging from wearing seatbelts to consent)	How do we recognise and respond to pressures that make us uncomfortable and or unsafe? (online)	What everyday health routines do we have? How do this keep us and others safe and healthy?	How do we react and respond to minor and major incidents?
Spring 1					
What makes a community?	What groups and communities do we belong to? Are they all the same?	What is meant by a diverse community?	How do communities help everyone feel included and valued?	How do you contribute to the communities you are part of?	What is the importance of respect? How do we show respect to other communities?
Spring 2					
What are families like?	What are the common features of a positive family life?	How do family members demonstrate care for each other?	How can we seek help if our families are making us unhappy?	How do families differ from each other? (including same sex, single, adoptive)	
Summer 1					
Why should we eat well and look after our teeth?	How do we ensure we are eating a healthy diet? What are the benefits?	How does an unhealthy diet affect our health?	How can we make good choices about food and drink? What/who influences these?	How do you maintain good oral hygiene?	How, when and where can we ask for advice about healthy eating and dental care?
Summer 2					
Why should we keep active and how does food affect us?	How does regular physical activity benefit our bodies and feelings?		What impact can a lack of physical have on our bodies?	How does sleep effect our mood? How can we ensure we get a good night's sleep?	