

CHIPSTEAD VALLEY PRIMARY SCHOOL

Wellbeing Curriculum Overview

Year 3

Relationships

- The responsibilities we have inside and outside of the classroom
- How to manage set-backs- growth mindset
- Zones of regulation
- What makes a good friend?
- That friendships have difficulties and how to resolve these and recognise this
- How our feelings change and things impact them
- To learn strategies to remain calm in stressful situations
- How to manage and regulate our worries
- How to recognise if we feel lonely and how to overcome this
- Different times that we may experience loss in our lives and strategies to cope
- How to manage change when moving to a new year group

Equality and Diversity

- How to be respectful towards people who live differently to us
- What is meant by a diverse community?
- How different groups make up our wider/local community around school
- How families can be special and different
- How communities can make us valued
- Shared celebrations within families

Keeping Safe

- Keeping Safe Week- Police visit
- NSPCC Pantasaurus
- How to react and respond if there is an accident- how to deal with minor injuries
- What to do in an emergency- dial 999
- Speaking to the emergency services
- How to recognise hazards and reducing this risk of harm or injury
- How to keep our body safe e.g. seatbelts
- That our body belongs to us
- Hygiene rules help us to stay safe

Online Safety

- Safer Internet Day
- Different apps and websites have age restrictions to keep us safe
- How to balance time online with other activities
- Who to talk to if we are worried about something we see online and how to report this

Health and Wellbeing

- How to eat a healthy diet and the benefits
- Not eating a balanced diet affects our health
- That regular activity benefits our body and feelings
- How to make choices about physical activity and what influences this
- How the lack of physical activity affects us
- That lack of sleep can affect our body
- Influences over food and drink
- How to get support if we have concerns about our health
- What is mental health?
- All emotions are normal but how to manage them is important

Being a Responsible Citizen

- How people within families should care for each other and how to demonstrate this
- How to carry out personal responsibilities in a caring and compassionate way
- How and what people choose to buy or spend their money on can affect others or the environment
- How we can take small steps to protect the environment around us
- How people make choices about what to do with money
- Difference between need and wants