

## PDL Curriculum Coverage

Year 3	
Me and My Relationships	
As a rule	<p>Explain why we have rules;</p> <p>Explore why rules are different for different age groups, in particular for internet-based activities;</p> <p>Suggest appropriate rules for a range of settings;</p> <p>Consider the possible consequences of breaking the rules.</p>
Looking after our special people	<p>Identify people who they have a special relationship with;</p> <p>Suggest strategies for maintaining a positive relationship with their special people.</p>
How can we solve this problem?	<p>Rehearse and demonstrate simple strategies for resolving given conflict situations.</p>
Friends are special	<p>Identify qualities of friendship;</p> <p>Suggest reasons why friends sometimes fall out;</p> <p>Rehearse and use, now or in the future, skills for making up again.</p>
'Thanks'	<p>Express opinions and listen to those of others;</p> <p>Consider others' points of view;</p> <p>Practice explaining the thinking behind their ideas and opinions.</p>
Dan's dare	<p>Explain what a dare is;</p> <p>Understand that no-one has the right to force them to do a dare;</p> <p>Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare.</p>
Valuing Difference	
Respect and challenge	<p>Reflect on listening skills;</p> <p>Give examples of respectful language;</p> <p>Give examples of how to challenge another's viewpoint, respectfully.</p>
Family and friends	<p>Recognise that there are many different types of family;</p> <p>Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.'</p>
My community	<p>Define the term 'community';</p> <p>Identify the different communities that they belong to;</p> <p>Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing.</p>
Our friends and neighbours	<p>Explain that people living in the UK have different origins;</p> <p>Identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds;</p> <p>Identify some of the qualities that people from a diverse range of backgrounds need in order to get on together.</p>
Let's celebrate our differences	<p>Recognise the factors that make people similar to and different from each other;</p> <p>Recognise that repeated name calling is a form of bullying;</p> <p>Suggest strategies for dealing with name calling (including talking to a trusted adult).</p>
Zeb	<p>Understand and explain some of the reasons why different people are bullied;</p>

	Explore why people have prejudiced views and understand what this is.
<b>Keeping Safe</b>	
Safe or unsafe?	Identify situations which are safe or unsafe; Identify people who can help if a situation is unsafe; Suggest strategies for keeping safe.
Danger or risk?	Define the words danger and risk and explain the difference between the two; Demonstrate strategies for dealing with a risky situation.
The Risk Robot	Identify risk factors in given situations; Suggest ways of reducing or managing those risks.
Super Searcher	Evaluate the validity of statements relating to online safety; Recognise potential risks associated with browsing online; Give examples of strategies for safe browsing online; To think about screen usage and understand that online gaming can be addictive.
Help or harm?	Understand that medicines are drugs and suggest ways that they can be helpful or harmful.
Alcohol and cigarettes: the facts	Identify some key risks from and effects of cigarettes and alcohol; Know that most people choose not to smoke cigarettes; (Social Norms message) Define the word 'drug' and understand that nicotine and alcohol are both drugs.
<b>Rights and Respect</b>	
Helping each other to stay safe	Identify key people who are responsible for them to stay safe and healthy; Suggest ways they can help these people.
Recount task	Understand the difference between 'fact' and 'opinion'; Understand how an event can be perceived from different viewpoints; Plan, draft and publish a recount using the appropriate language.
Our helpful volunteers	Define what a volunteer is; Identify people who are volunteers in the school community; Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer.
Can Harold afford it?	Understand the terms 'income', 'saving' and 'spending'; Recognise that there are times we can buy items we want and times when we need to save for them; Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.); Understand the financial risks related to online gaming.
Earning money	Explain that people earn their income through their jobs; Understand that the amount people get paid is due to a range of factors (skill, experience, training, level of responsibility etc.).
Harold's environment project	Define what is meant by the environment; Evaluate and explain different methods of looking after the school environment; Devise methods of promoting their priority method.

### Being My Best

Derek cooks dinner!	Explain how each of the food groups on the Eatwell Guide (formerly Eatwell Plate) benefits the body; Explain what is meant by the term 'balanced diet'; Give examples what foods might make up a healthy balanced meal.
Poorly Harold	Explain how some infectious illnesses are spread from one person to another; Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses; Suggest medical and non-medical ways of treating an illness.
Body team work	Name major internal body parts (heart, blood, lungs, stomach, small/large intestines, liver, brain); Describe how food, water and air get into the body and blood.
For or against?	Develop skills in discussion and debating an issue; Demonstrate their understanding of health and wellbeing issues that are relevant to them; Empathise with different viewpoints; Make recommendations, based on their research.
I am fantastic!	Identify their achievements and areas of development; Recognise that people may say kind things to help us feel good about ourselves; Explain why some groups of people are not represented as much on television/in the media.
Top talents	Explain some of the different talents and skills that people have and how skills are developed; Recognise their own skills and those of other children in the class.

### Growing and changing

Relationship Tree	Identify different types of relationships; Recognise who they have positive healthy relationships with.
Body space	Understand what is meant by the term body space (or personal space); Identify when it is appropriate or inappropriate to allow someone into their body space; Rehearse strategies for when someone is inappropriately in their body space.
None of your business!	Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens; Recognise and describe appropriate behaviour online as well as offline; Identify what constitutes personal information and when it is not appropriate or safe to share this; Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs; Understand that people online may not always be who they say they are, and to learn how to stay safe by checking with a trusted adult before communicating with others; Understand that they should not share images of others without their permission; Think carefully before sharing any information about themselves; Understand that once something is posted online it is very hard to remove or delete it.
Secret or surprise	Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; Recognise how different surprises and secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe.

Basic first aid	Follow the link on Coram Life Education to First Aid Champions (British Red Cross) Recap previously learnt info from Year R/1/2 Primary ->safety-> first aid ->burns Primary->kindness and coping->thinking about helping
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