

As a Year Three Life Skills Learner I will know...

Families and Relationships

That I can talk to trusted adults or services such as *Childline* if I experience family problems. That bullying can be physical or verbal.
 That bullying is repeated, not a one-off event.
 That violence is never the right way to solve friendship problems.
 That trust is being able to rely on someone and it is an important part of relationships.
 The signs of a good listener.
 How to listen carefully and why listening is important.
 That there are similarities and differences between people.
 Some stereotypes related to age.

Citizenship

The UN Convention on the Rights of the Child.
 How recycling can have a positive impact on the environment.
 That the local council is responsible for looking after the local area.
 That elections are held where adults can vote for local councillors.
 Some of the consequences of breaking rules.
 The role of charities in the community.

Health and Wellbeing

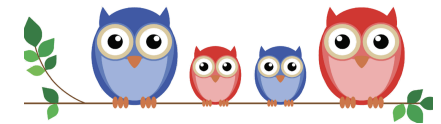
Ways to prevent tooth decay.
 The positive impact relaxation can have on the body.
 The different food groups and how much of each of them we should have a balanced diet.
 The importance of belonging.
 What being lonely means and that it is not the same as being alone.
 What a problems or barriers are and that these can be overcome.

Economic Wellbeing

That there are different ways to pay for things.
 That budgeting money is important.
 That there are a range of jobs available.
 That some stereotypes can exist around jobs but these should not affect people's choices.

Safety and the Changing Body

That cyberbullying is bullying which takes place online.
 The signs that an email might be fake.
 The rules for being safe near roads.
 That other people can influence our choices.
 That bites or stings can sometimes cause an allergic reaction.
 That it is important to maintain the safety of myself and others, before giving first aid



As a Year Three Life Skills Learner I can...

Families and Relationships

Understand that problems can occur in families and that there is help available if needed.
 Explore ways to resolve friendship problems.
 Develop an understanding of the impact of bullying and what to do if bullying occurs.
 Identify who I can trust.
 Understand the effects of non-verbal communication.
 Explore the negative impact of stereotyping.

Citizenship

Explore how children's rights help them and other children.
 Consider the responsibilities that adults and children have to maintain children's rights.
 Discuss ways we can make a difference to recycling rates at home/school.
 Identify local community groups and discuss how these support the community.

Health and Wellbeing

Discuss why it is important to look after my teeth.
 Understand that stretches which can be used for relaxation.
 Develop the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.
 Explore my own identity through the groups I belong to.
 Identify my strengths and explore how I use them to help others.
 Be able to breakdown a problem into smaller parts to overcome it.

Economic Wellbeing

Discuss the range of feelings which money can cause.
 Discuss the different attitudes people have to money.
 Explore the impact our spending can have on other people.
 Consider the advantages and disadvantages of different payment methods.

Safety and the Changing Body

Explore ways to respond to cyberbullying or unkind behaviour online.
 Develop skills as a responsible digital citizen.
 Identify things people might do near roads which are unsafe.
 Begin to recognise unsafe digital content.
 Understand that people and things can influence me and that I need to make the right decision for me.
 Explore choices and decisions that I can make.
 Understand what to do in a medical emergency, including calling the emergency services.