

	Health & Wellbeing	Relationships	Global Citizenship	British Citizenship	Responsible Citizenship	Futures
Year Three	<p>I have a deeper understanding of good and not so good feelings.</p> <p>I can identify things which negatively affect my mental health.</p> <p>I can use vocabulary to explain the intensity of my feelings.</p> <p>I recognise that I may experience conflict in emotions</p> <p>I recognise when I need help and know how to ask for help.</p> <p>I can resist pressure to do something that makes me uncomfortable.</p> <p>I know about people who are responsible for keeping them healthy and safe.</p> <p>I can discuss what I should do in different emergency situations.</p> <p>I understand risks, dangers and hazards and how they may affect decisions.</p> <p>I know how to stay safe when out and about. (Stranger Danger.)</p> <p>I know that rest and relaxation is an important part of being happy.</p> <p>I have basic first aid skills to dealing with cuts and grazes.</p> <p>I have basic first aid skills to deal with bone and muscle injuries. *See e-safety curriculum.</p>	<p>I can recognise and respond to a wider range of feelings in others.</p> <p>I can recognise what constitutes and maintain positive healthy relationships</p> <p>I can recognise ways in which a relationship can be unhealthy and whom to talk to if they need support.</p> <p>I recognise different types of relationships including acquaintances, friends, relatives, family.</p> <p>I understand what kind of contact is acceptable and how to respond if something makes me feel uncomfortable.</p> <p>I know how to recognise when someone is being bullied.</p> <p>I can work cooperatively and confidently in a group.</p> <p>I know what makes a happy playtime and can contribute to this.</p> <p>I consider issues from different points of view.</p> <p>I try to resolve conflict with a friend by finding a win-win situation.</p> <p>I know how to manage situations with dares.</p> <p>*See RSE curriculum.</p>	<p>I can research and discuss issues from around the world.</p> <p>I understand what being part of a community means.</p> <p>I recognise the different communities which I belong to.</p> <p>I understand about the lives of people living in other places with different values and customs.</p> <p>I understand issues for families who live overseas.</p> <p>I understand the term racism.</p>	<p>I understand about voluntary community and pressure groups.</p> <p>I know why and how rules and laws are made and enforced.</p> <p>I describe my rights and responsibilities in school.</p> <p>I know about the role of the police force.</p> <p>I understand the role of the local council.</p> <p>I know what taking responsibility for actions means.</p> <p>I understand the process of voting and debating.</p>	<p>I can work as part of a group to plan a project which improves the local community.</p> <p>I can discuss the issue of landfill and the importance of recycling.</p> <p>I can discuss the issue of climate change and ways that they can help.</p> <p>I understand what fair trade is.</p> <p>I can discuss the issue of deforestation.</p> <p>I can discuss how water scarcity affects lives.</p>	<p>I can reflect on my achievements and set high aspirations.</p> <p>I understand what helps us overcome barriers to reaching goals.</p> <p>I am aware of a range of jobs which need to be done at home and in school.</p> <p>I understand the role of different professions.</p> <p>I can get myself organised and ready for swimming lesson.</p> <p>I can tread water.</p> <p>I can create a shopping list and visit the supermarket to purchase the items.</p> <p>I can find a book on a specific topic, in the library.</p> <p>I wash up pots hygienically and safely.</p> <p>I understand how media represents information.</p> <p>I can conduct an interview.</p>