

Year 3

I can identify different types of relationships and show ways to maintain good relationships
I understand that relationships may change over time
I can judge what kind of physical contact is acceptable or unacceptable
I know how other families are similar or different to mine
I understand that it is OK to be different to others
I can describe the nature and consequences of bullying and express some ways of responding to it (this includes different types of bullying, how to recognise it, how to seek help and coping strategies)
I can empathise with other people and situations through topical issues, problems and events
I can listen to and show respect for the views of others
I know the importance of valuing myself
I can recognise and challenge stereotypes

Keeping myself safe

I can identify and explain how to manage the risks in different familiar situations.
I know how to ask for help
I can make judgements and decisions and use basic techniques for resisting negative peer pressure
I can demonstrate basic safety procedures when using medicines
I know how to keep myself and others safe when using roads
I know school rules for health and safety, basic emergency procedures and where to get help for myself and others in need I know school rules relating to medicines, alcohol, tobacco, solvents and illegal drugs
I can demonstrate an understanding of E-safety when communicating online
I can explain how my actions have consequences for myself and others

My healthy lifestyle

I can make choices about my lifestyle to improve my health and well-being
I understand the link between physical activity and nutrition in achieving a healthy lifestyle
I can plan and prepare simple healthy meals
I know what are the good habits for looking after my growing body
I can recognise my feelings and emotions and what makes me feel happy/sad

Me and my future

I know how to look after and handle money in everyday situations
I can make simple financial decisions and consider how to spend money, including pocket money and contributions to charity
I know that individuals and families may need or choose to spend their money in many ways
I know there are different ways to gain money, including earning it through work
I know that it is possible to keep money safe by putting it into an 'account' in the bank, building society
I can appreciate the real cost of some items and commodities
I can make choices about how money should be spent
I know that families and individuals may have many commitments and may manage their money in a range of ways, depending on values, culture and income
I understand that choices have an impact on individuals and families
I know that you can plan for future spending and how to save
I understand that money is a finite resource for individuals, institutions and the community
I know that making comparisons between costs is important in managing your money
I am able to make comparisons between prices when deciding what is the best 'value for money'
I begin to understand why we have charities
I can explain why people work and the different jobs that people do
I am aware that the learning choices I make will affect my future options.
I can talk positively about what I like to do and what I would like to do in the future

Becoming an active citizen

I can participate in making and changing rules
I know why different rules are needed in different situations
I know that choices we make can impact on the local, national and global communities
I know where to find impartial advice to inform my decision making
I can empathise with other people and situations through topical issues, problems and events

Moving on

I can identify positive achievements during my time in Year 3
I can explain what I am worried about and what I am looking forward to in Year 4
I know what to expect when I start Year 4
I can sometimes understand why other people are behaving as they are when they are finding change difficult.