



Unit of work
Living long, Living strong

Year group
3

Prior learning

Children can explain some differences between males and females.
Children can explain who is in their family.

National Curriculum

- RSE: Growing and caring for ourselves
- Valuing difference and keeping safe
- Puberty
- Healthy eating and exercise
- Goal setting and motivation

Knowledge/ Skills

- Children know some differences and similarities between males and females.
- Children understand the concept of personal space.
- Children can talk about ways to deal with unwanted touch.
- Children understand that all families are different and have different family members.
- Children can identify who they can go to for support.
- Children can make positive choices to support a healthy lifestyle.
- Children can identify ways to overcome barriers to achieving their goals.

Vocabulary and definitions

Word	Definition
Similar	looking or being almost, but not exactly, the same
Different	not the same
Comfortable	providing physical ease and relaxation
Uncomfortable	not feeling at physical ease and relaxation
Family	a group of people who are related to each other
Fostering	to take care of a child, usually for a limited time, without being the child's legal parent
Adoption	the act of legally taking a child to be taken care of as your own
Stereotypes	a set idea that people have about what someone or something is like, especially an idea that is wrong
Gender roles	the public image of being a particular gender that a person presents to others
Healthy	in a good physical or mental condition

Significant people/days

School nurse

Walk to School Week- 18th – 25th May