



The Federation of St. Mary's Catholic Schools

Year 3

RSHE Long Term Planner



"I can do all things through Christ who strengthens me" Philippians 4:13

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RSHE Year 3	Teacher training Parent consultations	Module 1 – Unit 1 Get Up! The Sacraments Module 2 – Unit 1 Jesus, My Friend Social - JIL Emotional - JIL	Module 2 – Unit 2 Friends, Family and Others When Things Feel Bad	Module 2 – Unit 3 Sharing Online Chatting Online Safe in My Body Drugs, Alcohol and Tobacco First Aid Heroes Physical - JIL	Module 3 – Unit 1 A Community of Love What is the Church? Module 3 – Unit 2 How Do I Love Others? Spiritual - JIL	

	Module 1	Module 2	Module 3	JIL
Aut 1	Teacher training Parent consultations			
Aut 2	<p>Unit 1</p> <ul style="list-style-type: none"> We are created individually by God who is Love, designed in His own image and likeness; God made us with the desire to be loved and to love and 'to make a difference': each of us has a specific purpose (vocation); 	<p>Unit 1</p> <ul style="list-style-type: none"> That Jesus loves, embraces, guides, forgives and reconciles us with him and one another; The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness; That relationships take time and effort to sustain; 		<p>SOCIAL AND EMOTIONAL</p> <ul style="list-style-type: none"> To describe and give reasons how friendships make us feel happy and safe

	<ul style="list-style-type: none"> • Every human life is precious from the beginning of life (conception) to natural death; • Personal and communal prayer and worship are necessary ways of growing in our relationship with God; • In Baptism God makes us His adopted children and 'receivers' of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue); • It is important to make a nightly examination of conscience. 	<ul style="list-style-type: none"> • We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness. 		
<p>Spr 1</p>		<p style="text-align: center;">Unit 2</p> <ul style="list-style-type: none"> • Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; • That there are different types of relationships including those between acquaintances, friends, relatives and family; • That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; • The difference between a group of friends and a 'clique'. • Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; 		

		<ul style="list-style-type: none"> Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond. 		
<p>Spr 2</p>		<p style="text-align: center;">Unit 3</p> <ul style="list-style-type: none"> To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; How to use technology safely; That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages. How to use technology safely; That bad language and bad behaviour are inappropriate; That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages. To judge well what kind of physical contact is acceptable or unacceptable and how to respond; That there are different people we can trust for help, especially those closest to us who care for 		<p style="text-align: center;">PHYSICAL</p> <ul style="list-style-type: none"> To describe and give reasons why friendships can break down, how they can be repaired and strengthened.

		<p>us, including our teachers and parish priest.</p> <ul style="list-style-type: none"> • Medicines are drugs, but not all drugs are good for us. • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume. • In an emergency, it is important to remain calm. • Quick reactions in an emergency can save a life. • Children can help in an emergency using their First Aid knowledge. 		
<p>Sum 1 Sum 2</p>			<p style="text-align: center;">Unit 1</p> <ul style="list-style-type: none"> • God is Love as shown by the Trinity – a ‘communion of persons supporting each other in their self-giving relationship’; • The human family is to reflect the Holy Trinity in mutual charity and generosity. • That the human family is to reflect the Holy Trinity in mutual charity and generosity; • The Church family comprises of home, school and parish (which is part of the diocese). <p style="text-align: center;">Unit 2</p> <ul style="list-style-type: none"> • To know that God wants His Church to love and care for others. 	<p style="text-align: center;">SPIRITUAL</p> <ul style="list-style-type: none"> • To celebrate the joy and happiness of living in friendship with God and others.

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