



‘Live, love and learn in a caring Christian community’

Relationships, Health and Sex Education
Long Term Plan

Year Group: 3

Term	CES Curriculum	Coverage / Notes / Resources
Autumn Term (Theme 1)	2.1.1.1. Respectful of their own bodies, character and giftedness	Jigsaw – Changing Me – L3
	2.1.1.2. Appreciative for blessings	LLTF
	2.1.1.3. Grateful to others and to God	LLTF
	2.1.1.4. Discerning in their decision making	Jigsaw – Dreams & Goals – L5
	2.1.2.1. We are special people made in the image and likeness of God	RE – Creation & Covenant
	2.1.2.2. We are children of God with an innate dignity	CST – Dignity
	2.1.2.3. God has created us for a purpose (vocation)	LLTF
	2.1.2.5. Prayer and worship are ways of nourishing their relationship with God	Liturgies & Assemblies
	2.1.3.1. Everyone expresses their uniqueness in different ways and that being different is not always easy	LLTF
	2.1.3.2. Strategies to develop self-confidence and self-esteem	LLTF
	2.1.3.3. Each person has a purpose in the world	Jigsaw – Being Me In My World – L5

	2.1.4.2. To extend their vocabulary to deepen their understanding of the range and intensity of their feelings 2.1.4.3. What positively and negatively affects their physical, mental and emotional health (including the media) 2.1.4.4. To recognise how images in the media do not always reflect reality and can affect how people feel about themselves 2.1.4.5. That some behaviour is unacceptable, unhealthy or risky 2.1.4.6. Strategies to build resilience in order to identify and resist unacceptable pressure from a variety of sources	Zones Of Regulation Jigsaw – Relationships – L3 Jigsaw – Relationships – L3 Jigsaw – Relationships – L3 Jigsaw – Relationships – L6
Spring Term (Theme 2)	2.2.1.1. Loyal, able to develop and sustain friendships 2.2.2.2 Families are the building blocks of society and where faith, wisdom and virtues are passed onto the next generation 2.2.2.3. The importance of forgiveness and reconciliation in relationships and some of Jesus’ teaching on forgiveness 2.2.3.1. How to maintain positive relationships and strategies to use when relationships go wrong	Jigsaw – Relationships – Friendships – L2 TenTen LKS2 Module 2 Unit 2 Session 1 Prep for Reconciliation. Collective worship. Jigsaw – Relationships – Friendships – L2

	2.2.3.2 There are different types of relationships including those between acquaintances, friends, relatives and family	Jigsaw – Relationships – Family Roles and responsibilities – L1
	2.2.3.5 The characteristics of a healthy family life	TenTen LKS2 Module 2 Unit 2 Session 1
	2.2.3.7 An awareness of bullying (including cyber-bullying) and how to respond	Anti-bullying week
	2.2.4.2 How to use technology safely	
	2.2.4.3 That not all images, language and behaviour are appropriate	Internet safety week/ Jigsaw – Relationships – Keeping myself safe online – L3
	2.2.4.4. To judge what kind of physical contact is acceptable or unacceptable and how to respond	Internet safety week
	2.2.4.6 That there are a number of different people and organisations they can go to for help in different situations and how to contact them	Pants Lesson/ NSPCC Assembly
Summer Term (Theme 3)	2.3.1.1. Just, understanding the impact of their actions locally, nationally and globally	CST – Common good/options for the poor LLTF

	2.3.2.1 God is Trinity – a communion of persons 2.3.2.3. The Church is the Body of Christ	RE lessons/LLTF RE Lessons – Preparing for Holy Communion
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