

## SEX AND RELATIONSHIPS EDUCATION – SPIRAL CURRICULUM – Key Stage 1 (revised February 2016)

### Summary of Learning Outcomes

	<b>Year 3</b>
<b>Feelings</b>	<ul style="list-style-type: none"> <li>• Recognise different feelings can be expressed in different ways at different times</li> <li>• Express positive feelings about themselves and others</li> <li>• Talk confidently about thoughts and feelings</li> <li>• Recognise and respond to a range of emotions in themselves and others and reasons for emotions</li> <li>• Recognise the reasons for their own and other people's feelings</li> <li>• Understand and empathise with a range of feelings</li> <li>• Explore ideas that feelings can be expressed in different ways</li> <li>• Understand that different issues may be dealt with in different ways by different people</li> </ul>
<b>Friends</b>	<ul style="list-style-type: none"> <li>• Consider which qualities are important in relationships</li> <li>• Begin to understand that what we do can make others happy, sad, cross etc and how this may help or hinder a friendship</li> <li>• Recognise that their actions have consequences for themselves and others</li> <li>• Develop awareness of how to deal with friendship problems</li> <li>• Look at inside and outside hurting</li> <li>• Recognise positive things about themselves</li> </ul>
<b>Growing up</b>	<ul style="list-style-type: none"> <li>• Begin to understand the range of human variation at birth</li> <li>• Understand that we develop at different rates</li> <li>• Discuss that similarities and differences are the result of many different factors</li> <li>• Discuss childhood developments with their parent figure</li> <li>• Understand what families are</li> <li>• Develop an understanding of different types of relationships and the diverse nature of families</li> <li>• Appreciate different ways of expressing love within families</li> <li>• Understand that family members expect things of each other</li> <li>• Discuss childhood developments</li> <li>• Know that similarities and differences are the result of many different factors</li> <li>• Understand about the changes that take place in the human life cycle</li> <li>• Know names of body parts</li> <li>• Understand the difference between male and female</li> <li>• Recognise positive things about themselves</li> <li>• Understand the feelings of others towards them</li> </ul>
<b>Safety</b>	<ul style="list-style-type: none"> <li>• Think about risks in different situations</li> <li>• Be made aware of other peoples' points of view</li> <li>• Learn to respect other peoples' bodies</li> <li>• Understand that they have rights over their own body</li> <li>• Recognise the presence of unwanted physical contact and know ways of resisting it</li> <li>• Know ways of coping with difficult emotions, fears and worries</li> </ul>

