



Cycle B Year 3/4 Medium Term Overview



Term	Topic	In this unit of work, pupils learn...
Autumn Term Relationships	Families and Friendships. Positive friendships, including online	<ul style="list-style-type: none">• that healthy friendships make people feel included• to recognise when others may feel lonely or excluded• strategies for how to include others.• how people's behaviour affects themselves and others, including online• how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return•
	Safe Relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online	<ul style="list-style-type: none">• about the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)*• how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns• that forcing anyone to marry against their will is a crime• that help and support is available to people who are worried about this for themselves or others
	Respecting ourselves and others. Respecting differences and similarities; discussing difference sensitively	<ul style="list-style-type: none">• to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves• about the relationship between rights and responsibilities• the rights that children have and why it is important to protect these• that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination



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Term	Topic	In this unit, the pupils learn...
Spring Term Living in the Wider World	Belonging to a Community What makes a community; shared responsibilities	<ul style="list-style-type: none">• how people have a shared responsibility to help protect the world around them• how everyday choices can affect the environment• the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues• how to show care and concern for others (people and animals)• how to carry out personal responsibilities in a caring and compassionate way
	Media literacy and digital literacy How data is shared and used	<ul style="list-style-type: none">• how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results• about some of the different ways information and data is shared and used online, including for commercial purposes• how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online• how to report concerns, including about inappropriate online content and contact
	Money and Work Making decisions about money; using and keeping money safe	<ul style="list-style-type: none">• there is a broad range of different jobs/careers that people can have;• that people often have more than one career/type of job during their life• about stereotypes in the workplace and that a person's career aspirations should not be limited by them• how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity)



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Term	Topic	In this unit, pupils learn...
Summer Term Health and Wellbeing	Physical Health and Mental Wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care	<ul style="list-style-type: none">• how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist• how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health• how people make choices about what to eat and drink, including who or what influences these• how, when and where to ask for advice and help about healthy eating and dental care• how regular physical activity benefits bodies and feelings
	Growing and changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	<ul style="list-style-type: none">• to recognise that feelings can change over time and range in intensity• about everyday things that affect feelings and the importance of expressing feelings• varied vocabulary to use when talking about feelings; about how to express feelings in different ways• about the new opportunities and responsibilities that increasing independence may bring• about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
	Keeping Safe Medicines and household products; drugs common to everyday life	<ul style="list-style-type: none">• about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)• strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about