

# Personal Development Curriculum Map: Year 3

Curriculum subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RE	People Called	Hinduism & Judaism Gift	Community	Giving & receiving Self-discipline	New Life	God's people Building bridges
RSHE	<b>Social &amp; Emotional</b> To describe and give reasons how friendships make us feel happy and safe.		<b>Physical</b> To describe and give reasons why friendships break down, how they can be repaired and strengthened.		<b>Spiritual</b> To celebrate the joy and happiness of living in friendship with God and others.	
PSHE	<b>Being me in my world:</b> self-identity & worth, rules, rights, responsibilities, responsible choices	<b>Celebrating difference:</b> families & their differences, bullying	<b>Dreams and goals</b> - difficult challenges & achieving success, managing feelings, overcoming obstacles, evaluating learning processes, simple budgeting.		<b>Healthy Me</b> - exercise, fitness challenges, food labelling & healthy swaps, attitudes towards drugs, keeping safe on & offline, respect for myself, healthy & safe choices	
SMSC	Social	Cultural	Moral	Spiritual	Spiritual	Moral
British Values	Rule of Law	Mutual Respect	Tolerance	Democracy	Individual Liberty	Mutual Respect
Science			<b>Living things &amp; their habitats</b> Grouping living things in a variety of ways,		<b>Animals including humans</b> The skeleton and muscle system, functions of teeth, food chains.	
English	Oliver - Birgitta Sif This is our house - Michael Rosen		Two Monsters - David McKee The Hueys in the new jumper - Oliver Jeffers The Thing - Simon Puttock		Jamal's journey - Michael Foreman Azzi in between - Sarah Garland The Proudest Blue - Ibtihaj Muhammed	
DT	Food - healthy and varied diet					
PE	Mult skills Bootcamp	African dance Mighty movers	Groovy gymnastics Skip to the beat	Brilliant ball skills Gymfit circuits	Throwing & catching Swimming	Active Athletics Swimming
Computing	E-mail		Online safety		Coding	
Forest School	Working with tools	Building a fire safely	Den building Cloud gazing (mindfulness)		Cooking in the forest Using IT outdoors	

		<i>Team building</i>		
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