



Ten Ten



# Year 3 RSE Learning

**Module One: Created and Loved by God (Ten Ten)**  
Everyone is made in the image and likeness of God. It is important to value ourselves and this supports our relationships.

## Me, My Body, My Health



Similarities and differences between people can happen as we grow and make choices, that living and working together, teamwork, we create community.

Everyone is uniquely made by a loving God.

Understanding how to stay physically healthy.

To learn about respecting and looking after their bodies as a gift from God, what they wear, eat and physically do.

Identifying body parts and naming genitalia.

## Emotional Well-being

Learn that emotions can change when they grow up. There can be a range and intensity of feelings, that feelings are neither good nor bad, how to manage them.



Identifying emotions and how they can impact actions. Know what behaviour is wrong, unacceptable, unhealthy and/or risky.



What 'emotional well-being' means and that positive actions and speaking to trusted people enhance emotional well-being.



**Module Two: Created to Love Others (Ten Ten)**  
Everyone has been created out of love for love. It is important to take this calling into our family, friendships and relationships. There are strategies that can help build relationships.

## Personal Relationships

To know the different types of relationships (friends, family, relatives, acquaintances) and what a good friendship is.

Learning about maintaining and developing good, positive and trusting relationships and to use strategies when relationships go wrong.

Develop a greater awareness of bullying, including cyber-bullying and how to respond to this.

## Keeping Safe



Who we can trust to seek help and support.

What to do in an emergency and knowing how to use first aid.

## Life Online



How to use technology safely.

To understand the effect of a range of substances on the body including drugs, alcohol and tobacco – taking care of our bodies.

Know what different kinds of abuse are.

With increasing independence brings increased responsibility to keep themselves and others safe.

## Life Cycles



The stages of the cycle of birth to old age.

Identify what helps us to grow.



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### Religious Understanding

Learn that God is love and is shown by the Holy Trinity.



#### Module Three: Created to Live in Community (Ten Ten)

Explores individual's relationship with the wider world. Human beings are relational by nature and everyone is called to love others in the wider community through service, dialogue and through working for the Common Good.



The human family reflects the Holy Trinity in mutual charity and generosity.

We are made in the image of God, which means we are made to love God and others and be loved by God and others.

#### Living in the wider world

God wants His Church to love and care for others.

That the Church family is made up of home, school and parish.

Think of practical ways of loving and caring for others.



Exploring our understanding of First Holy Communion.

#### Giving and receiving

The importance of trust when things are hard, learning about Jesus' difficulties can help us with others.



#### Positive relationships



Understanding the commandment of love.

#### Year 3 Fertile Heart



Light of truth guides me in the right direction.

Children will hear and experience the Gospel story of Jesus healing Jairus' daughter. Learning how we are created by God out of love and for love, being designed for a purpose, which should help us with how to live. An opportunity also to explore the Sacraments of Baptism and Reconciliation, friendships and relationships can be explored through the lens of the Sacraments. There will be a chance to revisit the parable of the Prodigal Son, where children learn about saying sorry and the importance of forgiveness in relationships.

What helps me to grow and be the best I can be – peace, joy, love and goodness.

Exploring the symbolism of water and linking this back to Baptism – how to be healthy and spiritual.



How helping others can help us grow in happiness and understanding.



What helps me to grow and be the best I can be – peace, joy, love and goodness.