

Religious Understanding

Me, My Body, My Health

Emotional well-being

Life Cycles

Keeping Safe

Living in the wider world

Personal Relationships



The Year 3 RHE Student

I have learned...

We are created individually by God who is Love, designed in His own image and likeness

God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation)

Every human life is precious from the beginning of life (conception) to natural death

Medicines are drugs, but not all drugs are good for us.

Some behaviour is wrong, unacceptable, unhealthy and risky

Alcohol and tobacco are harmful substances.

Our bodies are created by God, so we should take care of them and be careful about what we consume.

Personal and communal prayer and worship are necessary ways of growing in our relationship with God

That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).

To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.

Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media

What emotional well-being means;

Positive actions help emotional well-being

Talking to trusted people helps emotional well-being

In an emergency, it is important to remain calm.

I can help in an emergency using my First Aid knowledge.

The importance of forgiveness and reconciliation in relationships

That relationships take time and effort to sustain

We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness

That emotions change as they grow up (including hormonal effects)

To deepen my understanding of the range and intensity of my feelings; that 'feelings' are not good guides for action;

Quick reactions in an emergency can save a life.