

RSE Curriculum Year 3

How we live in love

Lesson	Learning Objective	Input	Resources
Lesson 1 Physical	LO: to learn how we change physically	<p>Starter: Children bring in photograph of them as a baby. Discuss in partners how they have changed. Feedback. Children to order pictures of famous people at different ages and explain why they have put them in that order. Discuss physical changes they can see - wrinkles, greying hair, height</p> <p>Main: Recap features of a poster. Recap what makes a healthy lifestyle - eating healthily, exercising, brushing teeth, drinking water, sleep. Make a poster of how to look after yourself physically as a group. Share posters as a class</p> <p>Plenary: Any other reasons why we should look after ourselves? Whose image are we made in? Can we only look after ourselves physically? How can we look after ourselves emotionally/ spiritually?</p> <p>Prayer: Generous God, Help us to appreciate the gift of our bodies and help us to look after them. Amen</p>	Photograph of each child as a baby. A3 paper for poster

<p>Lesson 2 Social</p>	<p>LO: to learn how to take care of myself and others</p>	<p>Starter: Recap how to take care of yourself - brushing teeth, washing yourself, What other links do you know of about being safe? - road safety, e-safety Why is it important to take care of yourselves? - because we are made in the image of God Do we only look after ourselves? Friends, family Discuss ways of making/ keeping a friend, e.g. always being there for others, class friendships, circle time, playground games and friendship How do we look after people in the school community? Main: Read poem - The Loner How can we help 'the loner'? - discuss in pairs. Record as a class how we could have looked after this person. Write their own poem - The Friend Use ideas from discussion in starter to create a poem about what a good friend should be Plenary: Read out poems to their table and choose their favourite. Read out favourites and explain why this was their favourite. Prayer: Share a sign of peace and friendship Dear Lord, Bless our friends and help me to be a better friend. Amen</p>	<p>The Loner by Julie Holder</p>
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<p>Lesson 3 Emotional</p>	<p>LO: to understand the qualities of a good friend</p>	<p>Starter: Think back to the poem 'The Loner' - Was there ever a time when your friend was not there for you? How did this make you feel? Why? Record as a class. What do you wish your friend had done in that situation?</p> <p>Main: What are the qualities of a good friend? What would a good friend look like? What are the actions of a good friend? Recap features of an advert - big, bold title, pictures, persuasive writing etc Create advert for a good friend in small groups. Group feedback.</p> <p>Plenary: Children are given a certificate template to write why their partner is a good friend and give an example of when they have done this. Award their partner with the certificate. Now look around the classroom - what can you see? - everyone smiling. Why is this? It makes you feel happy when you compliment someone.</p> <p>Prayer: Dear Lord, Forgive us for the times when we have not been a true friend. Help us to try and be a good friend. Amen</p>	<p>A4 paper for the advert Friendship certificate template</p>
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<p>Lesson 4 Intellectual</p>	<p>LO: to recognise the need for personal privacy</p>	<p>Starter: Children to have 5 minutes play BUT they are not allowed to talk to each other or go near each other (give an appropriate reason) Bring children back and discuss how they feel. Was it nice to be alone at playtime? - thumbs up/ down</p> <p>Main: Children record times when they have enjoyed being alone. Why is this? Why did you need to be alone? Share as a class Discuss the difference of being alone and being lonely. Explain that being lonely is not of your choosing over a long period of time whereas having alone time is a choice and can end whenever you decide. Consider the meaning of 'personal space'. Reflect on its importance in our lives: to calm ourselves down when we get angry, think and see a better way of acting and behaving, praying, researching and so on.</p> <p>Plenary: Children to take part in a meditation. How did you feel?</p> <p>Prayer: Dear Lord, Thank you God for ...(name of the person beside them)... and bless our time together in school. Amen</p>	<p>Time in the playground Meditation/ music</p>
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Lesson 5 Spiritual	LO: to understand the importance of forgiveness in relationships	<p>Starter: Do you know of a time when Jesus forgave someone? Read or sing the story of Zacchaeus who was an outcast. Jesus accepted him as a friend, welcomed and forgave him. What did Jesus teach us about being a good friend?</p> <p>Main: What would have happened if Jesus didn't forgive Zacchaeus? Children to act out the Zacchaeus story in pairs - one half to act out the same story, other half to show a story where Jesus didn't forgive Zacchaeus. As a class discuss the impact of Jesus' actions in both stories.</p> <p>Plenary: How can I forgive and include others as Jesus did? Reflection for children to think about whether they need to forgive someone or if they need to ask for forgiveness.</p> <p>Prayer: Sing or say the 'Our Father' Share the sign of peace.</p>	Story/ song of Zacchaeus
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