



# Knowledge Organiser

RHE	Healthy Happy Friendships Similarities & Differences	Year group: 3	Term: Autumn
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## Prior Knowledge

In Y2 chn learnt to describe their feelings., knowl the difference between safe and unsafe touch and stereotypes

## Key vocabulary:

Friend, respect, values, personal space, touch, private, privacy, resilience, encouragement

Different, equal, respect, community, values, diversity, customs, feelings

## Skills to be taught:

Listening to others  
Develop resilience  
Show others value and respect

## Key Knowledge

- Know different qualities of a healthy and happy friendship
- Why listening is an important part of a healthy friendship
- Know the importance of boundaries, personal space and keeping ourselves safe
- Identify difference between touch that feels good and when touch feels uncomfortable
- What is resilient and how can we develop resilience
- Know how to show value and respect for others
- Explain how a school community is formed
- Identify other communities
- Identify how people may behave when they feel a particular way
- Describe what it may be like for someone who doesn't feel respected or valued

## Find someone bingo

I am good at:



Same as me:

Different to me:

I struggle with:



Same as me:

Different to me:

My favourite food:



Same as me:

Different to me:

Best place I've been:



Same as me:

Different to me:

I am proud of:



Same as me:

Different to me:

## Touch and space



RED

AMBER

GREEN



# Knowledge Organiser

RHE

Caring & responsibility  
Families & Committed Relationships

Year group: 3

Term: Spring

## Prior Knowledge

In Y2 chn learnt how to ask for help from trusted adults, about communities and the different people within a family. They also learnt about family traditions.

## Key vocabulary:

Responsibility, responsible, consequences, irresponsible, personal space, crowded, uncomfortable, boundaries, invade, defend, empathy, caring, support, understanding.

Commitment, safe, secure, trust, relationship, marriage, change, effect, loss, separation, divorce

Personal space is the amount of room a person needs around them to feel comfortable.



## Skills to be taught:

Explain what being responsible means  
Describe ways to manage change

Discovery RESEARCH HEALTH AND RELATIONSHIPS

Name \_\_\_\_\_ Date \_\_\_\_\_

Families and committed relationships

Marriage and relationships word search

s	b	r	s	h	a	r	e	r	e	a	u
c	l	s	c	l	s	a	n	e	h	b	n
a	p	r	o	t	u	d	t	l	o	v	e
m	r	f	m	e	l	r	n	a	s	p	e
a	p	e	m	h	a	e	u	t	s	a	r
r	e	l	i	s	t	l	h	i	v	t	s
r	b	p	t	s	t	l	e	o	r	m	t
i	c	a	m	p	a	t	l	n	a	e	a
a	r	k	e	n	e	l	p	s	t	o	n
g	e	r	n	m	d	o	y	h	u	c	d
e	t	s	t	p	p	o	r	i	s	i	y
w	e	d	d	i	n	g	m	p	v	e	a

## Key Knowledge

- Know how to be responsible
- Know who and what we are responsible for
- Know about personal space and what to do if our personal space feels crowded
- Empathy and why it is important to show empathy towards others
- What commitment means and the different ways people show commitment
- What changes can happen in families
- Describe how changes can be good or bad
- How separation can affect those in a family
- Describe how big changes in a family can make people feel
- Explain who can help us if we are worried



# Knowledge Organiser

RHE

Healthy body and healthy mind  
Coping with change

Year group: 3

Term: Summer

## Prior Knowledge

In Y2: chn could describe their emotions, know about medicines, things that are harmful in the home, ways we grow and change and how we can achieve our goals.

## Key vocabulary:

Health, wellbeing, sleep, routine, fats, dairy, proteins, germs, virus, carbohydrates, healthy, routines, hygiene, poorly, teeth, toothpaste, handwashing, soap

Changes, support, feelings, sad, empathy, sympathy, happy, positive, kind, emotions.

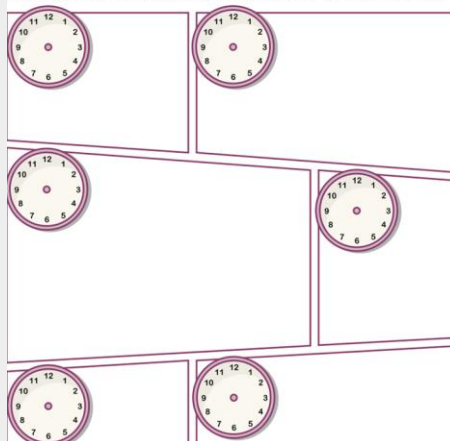


## Skills to be taught:

To describe a good sleep routine  
Use words to describe changes  
Ask for help when not ok  
Help others feel better when they are sad

### Sleep routine comic strip

Draw and write a comic strip showing a good sleep routine. Include the time on each of the clocks.



## Key Knowledge

- Why sleep is important for our health and wellbeing
- How to get enough good-quality
- Describe the different types of food that make up a healthy diet
- Explain why is it important to have a healthy diet
- Know what germs are and how they can make us unhealthy and unwell
- Know how viruses spread and how to prevent them from doing so
- What we can do to keep our bodies clean and free of germs
- Know how change impacts our lives
- Know how changes make us feel
- Know that change is a natural part of life and that changes can be positive
- Explain ways to demonstrate sadness and support others who are feeling sad
- Indetify positive things in life