

KS2 LEARN4LIFE SCHEME OF WORK

YEAR THREE

Unit 1

My Body

- Fuelling our bodies; healthy eating
- Leading a balanced, healthy lifestyle
- Personal hygiene, reducing the spread of infections
 - Recognising physical illness
 - Basic First Aid
- How sleep impacts our bodies

Unit 2

My Mind

- Recognising that mental health is as important as physical health
- How to improve our mental health
- Understanding emotions and feelings
 - Talking about our feelings
 - Mind in a Jar activity
 - The Law of Attraction

Unit 3

My Identity

- Recognising our individual and personal qualities
- Learning about what contributes to who we are (faith, gender, family, culture, hobbies)
 - Identifying our strengths and achievements and how this contributes to self worth

Unit 4

My Money

- Opening a bank account
- Different ways to pay for things
- Savings and interest rates
 - Keeping track of money
 - Spending decisions
 - Mortgages
- Risks involved with money

Unit 5

My Career

- To understand the options of having a job/ running your own business
- Setting up a business (Enterprise Activity)
 - Roles with a business entity
- Teamwork and communication skills in the workplace

Unit 6

My Future

- Setting goals
- Making a dream board
 - Housing options
- Study options (university/college/ apprenticeships etc.)

