

Reception – Year 3 Assembly Key Coverage

Relationships – Friendships and managing hurtful behaviour and bullying	Health and Wellbeing – Mental health
<p>Explore how people make friends and what makes a good friendship.</p> <p>Recognise when they or someone else feels lonely and what to do.</p> <p>Identify simple strategies to resolve arguments between friends positively.</p> <p>Know how to ask for help if a friendship is making them feel unhappy.</p> <p>Know that bodies and feelings can be hurt by words and actions.</p> <p>Know how people may feel if they experience hurtful behaviour or bullying.</p> <p>Know that hurtful behaviour including teasing, name-calling, bullying and deliberately excluding others is not acceptable.</p> <p>Give examples of online bullying behaviours and how to report them.</p> <p>Describe how to behave online in ways that do not upset others and can give examples.</p> <p>Know how to report bullying and the importance of telling a trusted adult.</p>	<p>Explain how to recognise and name different feelings.</p> <p>Identify how feelings can affect people’s bodies and how they behave.</p> <p>Explain how to recognise what others might be feeling.</p> <p>Recognise that not everyone feels the same at the same time, or feels the same about the same things.</p> <p>Know about ways of sharing feelings; a range of words to describe feelings.</p> <p>Identify things that help people feel good.</p> <p>Identify different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don’t feel good.</p> <p>Recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it.</p> <p>Know about change and loss (including death); to identify feelings associated with this and recognise what helps people to feel better.</p>
Relationships – Respecting self and others	Health and Wellbeing – Healthy lifestyles
<p>Know what is kind and unkind behaviour, and how this can affect others.</p> <p>Know how to treat themselves and others with respect and how to be polite and courteous.</p> <p>Recognise the ways in which they are the same and different to others.</p> <p>Know how to listen to other people and play and work cooperatively.</p> <p>Know how to talk about and share their opinions on things that matter to them.</p>	<p>Know why sleep is important and different ways to rest and relax.</p> <p>Know simple hygiene routines that can stop germs from spreading.</p> <p>Know that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.</p> <p>Know about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.</p> <p>Know how to keep safe in the sun and protect skin from sun damage.</p> <p>Know about different ways to learn and play; recognising the importance of knowing when to take a break from screen time (tv and online).</p>
Living in the Wider World - Communities	Living in the Wider World – Shared responsibilities
<p>Identify the different groups to which they belong.</p> <p>Identify the different roles and responsibilities people have in their community.</p>	<p>Identify what rules are, why they are needed, and why different rules are needed for different situations.</p> <p>Know how people and other living things have different needs and about the responsibilities of caring for them.</p> <p>Identify things they can do to help look after their environment.</p>