

**Isle of Man
Relationships and Sex Education (RSE) Framework**

YEAR 3 – BLOCK 3

Theme	Learning Intentions	Outcomes	Resources
Wellbeing	Children understand the different aspects of their identity.	<p>I can say what I am good at.</p> <p>I understand that I am part of different groups and communities.</p> <p>I understand that my identity is linked to the groups I am a member of.</p> <p>I understand that there are similarities and differences between people.</p>	<p>Kapow Primary: Wonderful Me - Who Am I?</p>
Wellbeing	Children learn about listening and communicating effectively.	<p>I understand that there are different ways to communicate.</p> <p>I can communicate my meaning without talking.</p> <p>I can listen and show that I'm listening.</p> <p>I know how to be a good listener.</p>	<p>Kapow Primary: People Around Me - Communication</p>

<p>Wellbeing</p>	<p>Children identify their own strengths and begin to see how they can affect others.</p>	<p>I can say what I am good at.</p> <p>I understand that I can help other people.</p> <p>I can describe how I can use my strengths to help others.</p> <p>I understand how my behaviour and actions affect other people.</p>	<p>Kapow Primary: Meaning and Purpose - My Superpowers</p>
<p>Wellbeing</p>	<p>Children understand and plan for a healthy lifestyle including physical activity, rest, and diet.</p>	<p>I understand what a balanced diet is.</p> <p>I know that what I eat affects my mood and behaviour.</p> <p>I understand that I need more energy from food when I am more energetic.</p>	<p>Kapow Primary: Healthy Body, Healthy Brain - My Healthy Diary</p>