

Prior Learning (Skills)

- Desire to make healthy lifestyle choices
- Identify when a feeling is weak and when a feeling is strong
- Feel positive about caring for their bodies and keeping it healthy
- Have a healthy relationship with food
- Express how it feels to share healthy food with their friends••

Prior Learning (Knowledge)

- Know what their body needs to stay healthy
- Know what relaxed means
- Know what makes them feel relaxed / stressed
- Know how medicines work in their bodies
- Know that it is important to use medicines safely
- Know how to make some healthy snacks
- Know why healthy snacks are good for their bodies
- Know which foods given their bodies energy

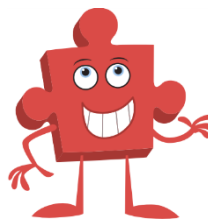
Key Skills

- Able to set themselves a fitness challenge
- Recognise what it feels like to make a healthy choice
- Identify how they feel about drugs
- Can express how being anxious or scared they feel
- Can take responsibility for keeping themselves and others safe
- Respect their own bodies and appreciate what they do



Year 3 - PSHE

Healthy Me



Jiggy Jem



Journal



Mindfulness



Jerrie Cat's 'paws'

Key knowledge

- Know how exercise affects their bodies
- Know why their hearts and lungs are such important organs
- Know that the amount of calories, fat and sugar that they put into their bodies will affect their health
- Know that there are different types of drugs
- Know that there are things, places and people that can be dangerous
- Know a range of strategies to keep themselves safe
- Know when something feels safe or unsafe
- Know that their bodies are complex and need taking care of

Vocabulary

oxygen	a gas with no color or smell that is one of the chemical elements
energy	the ability to do work
calories	is a unit of energy
heartbeat	the beating of the heart
lungs	the lungs are a pair of spongy, air-filled organs located on either side of the chest
heart	a hollow muscular organ that pumps the blood through the circulatory system
fitness	the condition of being physically fit and healthy
sugar	a sweet crystalline substance obtained from various plants, used to sweetener in food and drink.
fat	a energy source
healthy	being sound and well : not sick
drugs	is a chemical and that affects your body
attitude	a way of thinking or feeling about something
safe	protected from or not exposed to danger or risk
anxious	feeling or showing worry, nervousness, or unease about something
scared	fearful; frightened
advice	guidance or recommendations offered about something
harmful	causing or likely to cause harm
risk	a situation involving exposure to danger.
feelings	an emotional state or reaction
appreciate	recognize the full worth of something : a gift
body	the physical structure, including the bones, flesh, and organs, of a person or an animal