



Subject: PSHE

Year group: 3 Term: Summer

Title: Health and Wellbeing

**What should I already know?**

- The important of sleep in a healthy lifestyle
- The importance of dental hygiene and visiting the dentist
- Ways to manage big feelings, including those associated with loss and bereavement
- About the human life cycle and how they grow from young to old
- To identify and name the external body parts including external genitalia
- How to keep themselves safe in familiar and unfamiliar environments
- About medicines including vaccine
- How to respond to an accident or emergency, including how to dial 999 and what to say

**Facts I will learn ....**

- About how daily life choices can affect their health
- To identify healthy and unhealthy choices
- About habits that can be changed, maintained or stopped
- What it means by a healthy balanced diet
- That regular exercise benefits their physical and mental health
- Strategies to identify and talk about their feelings and that feelings can change overtime
- That everyone is individual and has a unique and valuable contribution to make
- How to identify their own personal strengths and interests and what they're proud of
- To identify typical hazards at home and in school
- About fire safety at home
- How to keep themselves safe in the local environment or unfamiliar places

**Key questions .....**

- What choices can I make daily that will affect my health?
- What are healthy and unhealthy choices and how can this link to a balanced diet?
- What is a habit and how can I change, maintain or stop a habit?
- Why does regular exercise benefit both physical and mental health?
- Why is it important to identify and talk about our feelings?
- What makes me and others unique?
- What personal strengths and interests do I have and what am I proud of?
- Can you identify hazards that you might come across at school and in your home?
- What fire safety measures should we have in our home?
- Why is important to follow safety rules from a known adult?
- How can assess risk in to keep myself safe in the local area or unfamiliar places?

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| <p><b>Key Skills.....</b><br/>In this term children will learn about how they can keep themselves safe and how to assess risks.</p>                                                                                                                                                       | <p><b>Experiences that school will provide:</b></p> <p>Jack from BFC will help us think about making healthy choices and teach us some exercises for enjoying physical activity.</p>                                                                                                                                                                                 | <p><b>Key vocab</b>                      <b>Definition</b></p> |                                                                         |
|                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                      | Balanced diet                                                  | A diet of different foods that includes a range of fruit and vegetables |
|                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                      | Habit                                                          | Something that you do often, they are often hard to give up.            |
|                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                      | Unique                                                         | The only one, unlike anyone or anything else                            |
|                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                      | Hazards                                                        | A danger                                                                |
| <p><b>Web links</b></p> <p><a href="http://www.essex-fire.gov.uk/homesafety/">http://www.essex-fire.gov.uk/homesafety/</a></p> <p><a href="https://www.tinytap.com/activities/g3etm/play/healthy-vs-unhealthy">https://www.tinytap.com/activities/g3etm/play/healthy-vs-unhealthy</a></p> | <p><b>Experiences that could be provided at home...</b></p> <p>Create a fire safety plan for the home</p> <p>Make healthy banana muffins</p> <p><a href="https://www.bbc.co.uk/food/recipes/banana_muffins_51549">https://www.bbc.co.uk/food/recipes/banana_muffins_51549</a></p>  | Risk                                                           | Something that could cause harm                                         |
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