

PSHE Year 3 Spring 2 – Healthy me



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- understand how exercise affects my body and know why my heart and lungs are such important organs
- know that the amount of calories, fat and sugar I put into my body will affect my health
- tell you my knowledge and attitude towards drugs • I can identify things, people and places that I need to keep safe from
- know some strategies for keeping myself safe, who to go to for help and how to call emergency services • I can identify when something feels safe or unsafe
- understand how complex my body is and how important it is to take care of it

Social and emotional skills

I will:

- set myself a fitness challenge
- know what it feels like to make a healthy choice
- identify how I feel towards drugs
- express how being anxious or scared feels
- take responsibility for keeping myself and others safe
- respect my body and appreciate what it does for me

Key vocabulary

advice, ambulance, anxious, appreciate, attitude, body, calories/kilojoules, choice, coastguard helicopter, complex, dangerous, drugs, emergency, emergency services, energy, fat, feelings, fire engine, fitness, harmful, heartbeat, healthy, heart, labels, lungs, oxygen, police car, responsibility, risk, safe, scared, strategy, sugar, saturated fat, unsafe

Big Question:

How do you keep yourself safe?

The zones of regulation



By the end of this topic...

I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.

I can express how being anxious/ scared and unwell feels

Mindmate Monday lesson

MindMate

Year 3 Spring 2 Strong emotions

Lesson focus: Strong emotions, including anger I know it's ok to feel strong emotions

Pupils should have the opportunity to... understand that sometimes I will experience strong emotions such as anger I know that there are different ways to cope with these strong emotions. To choose a calming down strategy that will work for me I can explain the steps my strategy involves