

Key Facts

- Children need to be active for at least one hour every day'
- There is a risk that you might become overweight or obese if you do not have an active lifestyle. It benefits your mental health as well as your physical health.
- We have different feelings and emotions through out a day and this is normal.
- We can do things that make ourselves feel better:
Go outside! Get some fresh air • Run around or play - do something active that gets your body moving • Have you got a hobby that you enjoy? Learn something new! • Hang out with your family or friends • Doing something nice for someone else • Helping others - it feels good for you too! • Read books you like • Listen to your favourite music - sing and dance! • Have a good night's sleep.
- If things happen that make us feel not so good there are things you can do to feel better: Talk to someone about it • Take your mind off it - do something else • Take some deep breaths • Count to 10! • Know that this moment will pass• If it feels very bad or not right... tell a trusted adult.
- We have amazing but complex bodies and we must work hard to keep them healthy and safe.



PSHE

Year 3

Spring Term

Healthy Me



chibird



Vocabulary

Word	Definition
abuse	When a person is mistreated physically or psychologically (in their mind or feelings).
active life-style	Moving about and including sport or exercise into your life everyday.
emotion	a strong feeling deriving from one's circumstances, mood, or relationships with others .
energy	A supply of 'power' for your body which is gained from the food we eat e.g. carbohydrates.
feeling	an emotional state or reaction, an idea or belief.
Mental Health	The way that people think and feel about themselves and the world around them. It can affect how they behave and cope with the world around them.
obese	Extremely unhealthy fat or overweight which may lead to other serious health conditions such as diabetes or heart disease.
Physical Health	The result of regular exercise, proper diet and nutrition, and proper rest for physical recovery.
trusted adult	A trusted adult is someone that you have a good relationship with. It is someone who you think has your best interests in mind.

Knowledge and Understanding:

Children should know:

- The components of a physically and mentally healthy lifestyle.
- How to ask for help if they are worried about their physical or mental health
- Some situations are safe or unsafe and recognise the feelings that tell them this.
- They have a right to be safe from abuse and a right to ask for help.
- They have amazing bodies that should be treated with respect.

Key skills and concepts:

Children will be able to:

- Understand that they can choose what activities they do in order to keep their bodies healthy and make up their own fitness challenge.
- Recognise there are things we can do to make our selves feel better emotionally and when to ask for help.
- Identify situations that make them feel safe and unsafe.
- Identify strategies to help themselves when they feel unsafe.
- Identify some unsafe situations and take responsible actions.
- Identify trust adults you could you speak to if you were worried about your physical or mental health or if you were feeling unsafe.

Key Questions:

- How does exercise affect my body?
- What are the different feelings and emotions that we experience every-day?
- How can I keep myself safe?
- How can I recognise what is safe and unsafe?
- What is the 'PANTS' rule?
- How do I treat my body with respect?

