

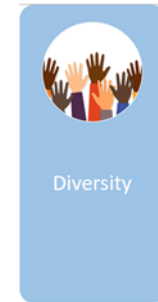
**Subject: PSHE**

Year group: 3

Term: Summer

Unit name: Healthy Lifestyles (health choices and habits; what affects feelings; expressing feelings)

Notes:



**Main Concepts**

- To understand that choices that people make in daily life can affect their health.
- To identify healthy and unhealthy choices (i.e. in relation to food, exercise, sleep).
- To know what can help people to make healthy choices and what might negatively influence them.
- To know what habits are and that sometimes they can be maintained, changed or stopped.
- To understand positive and negative effects of habits (such as regular exercise or eating too much sugar) on a healthy lifestyle.
- To know what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally.
- To know that regular exercise (e.g. walking/cycling) has positive benefits for mental and physical health.
- To understand that things that affect feelings both positively and negatively.
- To know a range of strategies to identify and talk about their feelings.
- To know that people express feelings different ways, e.g. words, actions, body language.

**Prior Knowledge**

Children should already...

Be able to identify healthy and unhealthy foods (Y1).

Know routines and habits for maintaining good physical and mental health (Y2).

Name food and drink that affect dental health (Y2).

Know the Importance of sleep and rest for growing and keeping healthy (Y2).

Be able to describe and share a range of feelings and know ways to change their mood (Y2).

Know when and how to ask for help, and how to help others, with their feelings (Y2).

**How the children are to be taught this**

Relate to children's own lives and experiences. Link to Walk to School Week.

Use teacher judgment to decide whether aspects should be blocked or taught over smaller sessions, dependent upon the cohort.

At the teacher's discretion, some objectives could be taught by additional adults (dependent upon the cohort).

**Key Vocabulary**

Mental, physical, choices, healthy, unhealthy, emotional, lifestyle, balanced diet, active, inactive, maintain, regular, occasional, positive, negative, strategies.