



Enriching lives every day; enabling our school community to learn, achieve and flourish through living 'life in all its fullness'



**Subject: PSHE**

Year group: 3

Term: Summer

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

## Compassion

When Jesus arrived, he saw a large crowd. He felt sorry for them and healed those who were sick.

Matthew 14:14

### Main Concepts

- 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 know that habits can be positive and negative.
- To know what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally.
- To understand that things that affect feelings both positively and negatively.
- To know that people express feelings different ways, e.g. words, actions, body language. To identify a range of strategies to talk about feelings.
- Recognise how feelings can change overtime and become more or less powerful.

Possible outcomes– drama, leaflet, freeze frame photo, poster

### 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.