

PSHE - Year Three - Summer Term

Health and Wellbeing

In this unit we will learn about:



Physical Wellbeing	Mental Wellbeing	Growing and Changing	Keeping Safe
- How to make informed decisions about health. - The elements of a balanced healthy lifestyle, - Choices that support a healthy lifestyle and what might influence these. - To recognise that habits can have a positive and negative effect on healthy lifestyle. - What is a healthy diet and how to plan healthy meals. - The benefits to health and wellbeing that eating nutritionally rich foods. The risks associated with not eating a healthy diet (obesity and tooth decay)	- How feelings change over time and can change in intensity - How every day things can affect our feelings and the importance of expressing them. - The vocabulary needed to express our feelings. - How to express feelings in different ways.	- How to recognise my own individuality and personal qualities - How to identify my own personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth. - How to manage set-backs and perceived failures, including how to reframe unhelpful thinking.	- How to predict, assess and manage risk in different situations. - Hazards (including fire risk) can cause harm, injury or risk in the home. - How to reduce risks in the house to stay safe. - Strategies for staying safe in the local environment or unfamiliar places. - Safe use of digital devices when out and about.

Vocabulary

Physical Health	Strengths
Mental Health	Achievements
Diet	Skills
Nutrition	Failure
Obesity	Self-worth
Tooth Decay	Risk
Expression	Hazards
Intensity	Individuality

Resources

Eat Well
 PSHE Association mental health and wellbeing lessons
 GoNoodle – relax videos
 Premier League Primary Stars
 PSHE Association Gamble Aware
 PSHE Association Drug and Alcohol Education

Possible Activities

Circle time
 Role play
 Career Visit
 Picture Books
 Fire Safety Visit
 Case Studies
 Preparing healthy snacks
 Meal Plans

