



Lower Key Stage 2 Being Healthy

PSCHE - Personal, Social, Citizenship, Health and Economic Education

Core Theme: Health and Wellbeing

Year: 3

Term: Spring 1

What I have learnt already

H1 - Explore what affects my physical, mental and emotional health.

H2 - Understand the concept and benefits of a balanced healthy lifestyle.

H2 - Identify how to make informed choices.

H3 - Understand what is included in a balanced diet.

H3 - Understand what may influence our choices.

H5 - Setting goals

Key Learning

H1 - Explore what affects my physical, mental and emotional health.

H1 - Recognise the characteristics and benefits of an active, healthy lifestyle (including physical activity, rest, healthy eating and dental health)

H1 - Recognise the importance of sufficient, good quality sleep for good health

H1 - Recognise the importance of dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

H1 - Know about safe and unsafe exposure to the sun and how to reduce the risk of sun damage.

H2 - Identify how to make real, informed choices that improve their physical and emotional health and set goals (H5).

H3 - Understand what is included in a balanced diet and the principles of planning and preparing a range of healthy meals.

Key Knowledge

To be healthy we need:

A balanced diet

Physical Activity

Rest

Good hygiene

Good dental hygiene

Water

To stay safe in the sun

To make choices for our mental/emotional health.

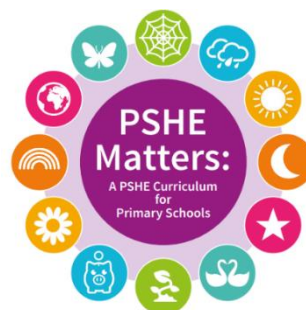
REST



We need to learn how to keep our bodies healthy so we can live a happy and healthy life.

Key Vocabulary

physical	mental	emotional
balance	lifestyle	goals
choices	healthy	wellbeing



Our PSCHE Ground Rules...

- We listen to each other.
- We show respect.
- We support each other.
- We ask questions if we want to.
- We know we can talk to any adult in school if we want to talk or need help.