

Year 3 - Healthy Me!

Spring 2

Key vocabulary

Oxygen	Energy
Calories	Kilojoules
Heartbeat	Lungs
Heart	Fitness
Labels	Sugar
Fat	Saturated Fat
Healthy	Drugs
Attitude	Safe
Anxious	Scared
Strategy	Advice
Dangerous	Emergency
Safe	Harmful
Risk	Feelings
Appreciate	Body
Health	Choice

Sequence of learning:

Recognising how exercise affects the body and know why the heart and lungs are such important organs

Understanding the amount of calories, fat and sugar we put into my body will affect someone's health

What I know and feel about drugs

Identify things, people and places that I need to keep safe from. Strategies for keeping safe and who to go to for help and how to call emergency services

Identifying when something feels safe or unsafe

Understand how complex bodies are and how important it is to take care of it



Key Skills of Knowledge and Understanding

I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.

I can express how being anxious or scared feels.

Final outcome:

Keeping Safe

In groups children are to think of things they feel they have keep safe from. (things, People and Places)

Why do they think these people, places and things might be unsafe and the type of thoughts and feelings they experience when they feel scared or anxious.

Children explore which strategy would help with which unsafe situation, encouraging children to distinguish between those that are specific to one kind of hazard only and those which can be used in different circumstances

