



# Year 3 – PSHE KCV – Healthy Me

## Key skills to learn:

- Understand how exercise affects my body and know why my heart and lungs are such important organs.
- Explain my knowledge and attitude towards drugs.
- Identify things, people and places that I need to keep safe from.
- Aware of strategies for keeping myself safe, including who can help me.
- Understand that some household substances can be harmful if not used correctly.
- Take responsibility for keeping myself and others safe at home.
- Know how complex my body is and how important it is to take care of.

## SMSC Links:

*Social – Identify things, people and places in society I need to keep safe from.*

*Moral – Understand the right choices when taking responsibility for keeping myself and others safe. Right and wrong uses for drugs and medicines.*

*Spiritual – Reflect on and respect the body and appreciate what it does for us.*

*Cultural – Respect the human body and how much it can do for*



## Words to know and spell (Tier 2 Vocabulary)

Stressed	Relaxed	Lifestyle
Motivation	Tense	Nutritious
Dangerous	Proportion	Heart
Portion	Energy	Lungs
Breathe	Safe/ Unsafe	Scared

## Words to understand and spell (Tier 3 Vocabulary)

<b>Oxygen</b>	The element in the air we need to stay alive and breathe.
<b>Fitness</b>	The condition of being physically fit and healthy.
<b>Active</b>	Being alert, lively, moving frequently and being energetic.
<b>Carbon Dioxide</b>	What we breathe out, also absorbed by plants.
<b>Drugs</b>	A medicine or other substance which has effects on body.
<b>Attitude</b>	A settled way of thinking of feeling about something.
<b>Anxious</b>	Feeling or showing worry/nervous/unease about outcome.
<b>Advice</b>	Guidance or recommendations offered to someone.
<b>Strategy</b>	A plan of action to achieve a long term aim or goal.

## Concept check questions. Test yourself:

How can you make sure your heart and lungs get stronger?

What things/people are safe? What things/people are unsafe?

How do you know if something is safe or harmful?

Are you confident that you could help someone else know if a substance was safe or harmful? Why is it important to take care of our

bodies? What would happen if we didn't?