

PSHE – Year 3

Healthy Me

In this Puzzle the class talk about the importance of exercise and how it helps your body to stay healthy. They also talk about their heart and lungs, discuss what they do and that they are very important. The children talk about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. The class talk about different types of drugs, the ones you take to make you better as well as other drugs. The children think about things, places and people that are dangerous and link this to strategies for keeping themselves safe. The children will also learn about basic first aid: how to call for help in an emergency, how to deal with a head injury and what to do if someone is bitten or stung.

Key vocabulary

Oxygen – the life supporting component of the air we breathe

Calories / kilojoules – the energy value of foods

Heartbeat – the pulsation of the heart, how it pumps blood around the body

Saturated fat – an unhealthy type of fat that contains fatty acids

Drugs – a medicine or other substance which has an affect on our body

Attitude – a way of thinking about something

Anxious – feeling or showing worry or nerves about an uncertain outcome

Strategy – a plan of action to achieve a goal or aim

Emergency – a serious, unexpected and often dangerous situation that requires immediate action

Risk – a situation involving exposure to danger

Things to discuss at home:

Give 2 examples of when you might ask for...

1. Fire service
2. Ambulance
3. Police
4. Coastguard



What hazards can you think of around the home?

Questions for family learning

- How does exercise affect your body?
- What do your heart and lungs do?
- What drugs do you know about? How do you feel about drugs?
- Tell me about some things / places / people that you think might be dangerous. How can you keep yourself safe from these?
- Can you tell me about a time when you felt unsafe?
- Can we talk about how we keep each other safe in our family?
- When should you call 999 or 112?
- Shall we try an exercise session together?