



Healthy Me

PSHE learning for Spring 2 – Year 3/4

Weekly Celebration	Piece <i>and Vocabulary</i>	PSHE learning intention	Social and emotional development learning intention
Have made a healthy choice	1. Being Fit and Healthy <i>Oxygen Energy Calories/ Kilojoules Heartbeat Lungs Heart Fitness</i>	I understand how exercise affects my body and know why my heart and lungs are such important organs	I can set myself a fitness challenge
Have eaten a healthy, balanced diet	2. Being Fit and Healthy <i>Energy Calories Kilojoules Labels Sugar Fat Saturated Fat</i>	I know that the amount of calories, fat and sugar I put into my body will affect my health	I know what it feels like to make a healthy choice
Have been physically active	3. What Do I Know About Drugs? <i>Healthy Drugs Attitude</i>	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs
Have tried to keep themselves and others safe	4. Being Safe <i>Safe Anxious Scared Strategy Advice Dangerous Emergency Emergency Services Ambulance Fire engine Police car Coastguard</i>	I can identify things, people and places that I need to keep safe from I know some strategies for keeping myself safe, who to go to for help and how to call emergency services	I can express how being anxious or scared feels