

PSHE AT KINGSLEY: Year 3



Topic: Health and Well Being (Being healthy; keeping active, taking rest)

Question: *Why Should We Keep Active and Sleep Well?*

Learning Expectations:

- How regular physical activity benefits bodies and feelings
- How to be active on a daily and weekly basis – how to balance time online with other activities
- How to make choices about physical activity, including what and who influences decisions
- How the lack of physical activity can affect health and well-being
- How lack of sleep can affect the body and mood and simple routines that support good quality sleep
- How to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried

Programme of Study References:

H1, H2, H3, H4, H7, H8, H13, H14

Key Websites:

Cross Curricular:

Physical development

Prior Knowledge: Many factors help us stay healthy such as: balanced diet, water, exercise and rest, hygiene. You should be active as well as making time to rest.

Future Knowledge: How your body changes during puberty.

Essential Knowledge:

How important physical activity is for our bodies.
The consequences of not doing enough physical activity.
The importance of having enough sleep for your body.
We know who to talk to if we are struggling with our health and well-being.

Key Vocabulary:

Physical activity, importance, consequences, sleep, struggling, health, regular, benefits, balance, influences, lack of, quality, sleep deprivation, sleep hygiene, disorientated, routine, bedtime, relax, body, mind, healthy