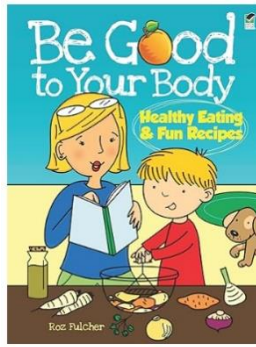




## Topic overview

To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.



# RSE

Year group: 3

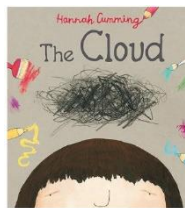
Term: Summer

### Physical health and Mental wellbeing

Health choices and habits; what affects feelings; expressing feelings

## Prior knowledge

- about routines and habits for maintaining good physical and mental health
- why sleep and rest are important for growing and keeping healthy
- that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies
- the importance of, and routines for, brushing teeth and visiting the dentist
- about food and drink that affect dental health
- how to describe and share a range of feelings
- ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others
- how to manage big feelings including those associated with change, loss and bereavement
- when and how to ask for help, and how to help others, with their feelings

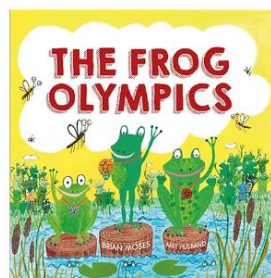


## National Curriculum Objectives

### By the end of primary school:

Pupils should know

- the importance of self-respect and how this links to their own happiness.



## By the end of this unit, I will be able to:

- about the choices that people make in daily life that could affect their health
- to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)
- what can help people to make healthy choices and what might negatively influence them
- about habits and that sometimes they can be maintained, changed or stopped
- the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle
- what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally
- that regular exercise such as walking or cycling has positive benefits for their mental and physical health
- about the things that affect feelings both positively and negatively
- strategies to identify and talk about their feelings
- about some of the different ways people express feelings e.g. words, actions, body language
- to recognise how feelings can change overtime and become more or less powerful

## Key vocabulary

Choices, influence, habits, lifestyle, physical