



PSHE Topic: Why should we keep active and sleep well?

Year: 3 Term: Summer 2

Key Knowledge/Content:

Physical health and mental wellbeing.

- Understand that mental wellbeing is a normal part of daily life, in the same way as physical health.
- Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- Understand the importance of building regular exercise into daily and weekly routines and how to achieve this, for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.

Links to:

Prior learning:

To identify what it means to stay healthy and how important this is for our bodies.

Future learning:

To know how a good sleep and physical activity routine can have a positive impact on your body and mental well-being.

Key vocabulary with definition:

Prior vocabulary:

- British values- Fundamental British Values underpin what it is to be a citizen in a modern and diverse Great Britain valuing our community and celebrating diversity of the UK. These values are Democracy, Rule of Law, Respect and Tolerance, Individual Liberty.
- Healthy- In a good physical or mental condition; in good health.
- Routine- A sequence of actions regularly followed.

New vocabulary:

- Decay- The state or process of rotting or decomposition.
- UV- Ultraviolet (UV) is a form of electromagnetic radiation with wavelength shorter than that of visible light, but longer than X-rays.

By the end of this unit

All children can: recognise how a good bedtime routine can have a positive impact in their wellbeing and mental health.

Most children can: demonstrate how eating too much sugar can affect their health, including dental hygiene.

Some children can: demonstrate and explain what different things can help our bodies and minds to stay healthy including food, drink, physical activity, sleep and rest.

Background understanding for teachers and parents:

This unit will be focused on how to keep them safe, healthy and in a good mindset. Children will discuss the importance of a good sleep routine and how screen time can affect their sleep and concentration.

Curriculum Driver:

Communication

Evidence outcome:

Children will discuss their routines at home with each other and be able to discuss improvements for each other.