

## Year 3 PSHE (Spring 2) Owning our choices

Prior Learning: In Year 2 children will have learnt about how to be healthy. They will be able to recognize what they are good at; to be able to set simple goals; growing and being more independent; Strategies and practices that support us to keep our bodies and minds healthy (activity, rest/sleep, food); to understand different food groups. How to be able to practice effective dental care and to extend our learning further by looking at different ways to look after our money.

We will learn the knowledge and strategies to make positive choices that keep us healthy. Areas of learning include how to maintain a healthy balanced lifestyle through food choices and physical activity, as well as potential barriers people might face. Children will learn how to manage influences and pressure, and keep themselves healthy within our 'Owning your Choices' theme of our PSHE Education.

This includes learning how can we keep physically healthy. What makes a balanced lifestyle; balanced diet; good quality sleep, making choices; influences on choices what good physical health means? How to recognize early signs of physical illness. Recap Oral hygiene. Safety in the sun. Things that may not be so healthy: smoking, alcohol, energy drinks caffeine- why people use them.

### 1. TWAL: What makes a balanced lifestyle?

We will identify and explore what contributes to a balanced lifestyle – making sure we understand that we need to have all the different parts to be able to live a balanced lifestyle – these include a balanced diet, good quality sleep, making good choices for our physical and mental wellbeing. We will be able to understand why this is so important to maintain a balanced lifestyle and to be able to identify what happens when one thing is out of balance with the other parts of a balanced lifestyle. **Assessment opportunity before and after lesson**



A balanced lifestyle is eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest. Our bodies are like machines that require a balance of protein, carbohydrates, fat, vitamins, minerals and water to stay in good working order.

#### Recommended Websites

<https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zmjkhhk>

<https://families.barnardos.org.uk/8-12-years/healthy-lifestyles>

<https://www.nhs.uk/healthier-families/food-facts/>



### 2. TWAL: What is good physical health?

Exploring the term 'good physical health', how we can maintain good physical health and the effects on our mental and physical wellbeing and the consequences of not being physically healthy on our bodies and our mental health. We will explore everyday hygiene routines including personal hygiene and oral hygiene to limit the spread of bacteria/ viruses and infection. We will remind ourselves how to maintain good oral hygiene. (this can go over 2 lessons) **Assessment opportunity before and after lesson**



Regular exercise benefits our mental and physical health  
Everyday hygiene routines for our bodies and teeth can limit the spread of infection and help keep us healthy



#### Recommended Resources

<https://pshe-association.org.uk/resource/health-education-ks1-2>

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-be-active/zfndjhw>

#### Recommended Reading

Run and Hike, Play and Bike by Brian P Cleary



### 3. TWAL: How to recognise early signs of physical illness

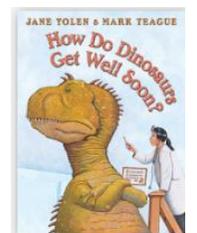
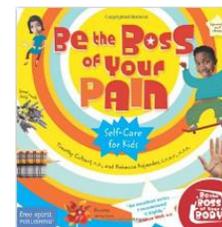
We will learn to be able to recognise early signs of physical illness by understanding the messages our bodies give us. We will learn a range of strategies on how to look after ourselves and be kind to ourselves when we have an illness. We will also learn what our body needs to start the healing process, such as healthy food, rest and many fluids.

#### Recommended Resources

<https://www.connect-pshe.org/additional-lesson-plan-3>

#### Recommended Reading

Be the Boss of your pain by Timothy Culbert  
How do dinosaurs get well soon? By Jane Jolen



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### 4. TWAL: About habits that can have a positive or negative effect on a healthy lifestyle

We will recap the things that lead to a healthy lifestyle and organise them in a diamond 9 formation. We will then explore habits that can have a negative effect on us being healthy, for example caffeine, alcohol, fast food, smoking, energy drinks, considering why people might use them. We will use scenarios to consider examples of these to enable us to make informed choices now and when we are older.



There are some choices we can make that lead to unhealthy habits. It is important to understand the effects of different things on the body so we can make informed choices.



### Words we will know!

Balanced Lifestyle

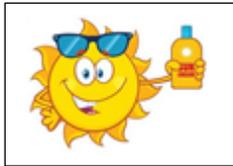
Hygiene

Physical and mental health

Exposure

### 5. TWAL: Sun Safety

We will learn the benefits of having limited sun exposure for our physical and mental wellbeing. We will be able to describe how the sun can damage our skin and health. We will be able to understand how much exposure to the sun we should have. We will explore how to make sure we limit our exposure and strategies to support us when we are overcoming challenges when exposed to the sun for example wearing a hat, sunglasses and a high factor sun cream – **Assessment opportunity before and after lesson**



Children of all skin tones are recommended to wear factor 50 sun protection

#### Recommended Resources

<https://www.youtube.com/watch?v=CxN8Yyhau8M>

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

<https://careinthesun.org/sun-protection/school-activities/>