



# Welton Primary School – PSHE Knowledge Organiser

Year: 3

Spring 2

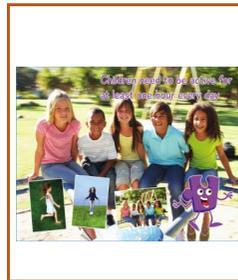
Healthy Me



Hello, My name is Jigsaw Jino

## PSHE Puzzle Piece Vocabulary

<b>Advice</b>	Guidance from someone you trust to make a decision about what you will do in the future.
<b>Anxious</b>	Feeling worried or nervous about something.
<b>Attitude</b>	A way of thinking or feeling about something.
<b>Body</b>	The physical structure of a person.
<b>Calories</b>	A unit of energy, measured in kilojoules.
<b>Choices</b>	What we choose to do.
<b>Complex</b>	Something made up of many different, connected parts.
<b>Dangerous</b>	Something that's not safe.
<b>Drugs</b>	A substance that causes a reaction in our bodies.
<b>Emergency</b>	An unexpected and dangerous situation.
<b>Emergency Services</b>	People who respond to emergencies, e.g., police, fire brigade, paramedics etc...
<b>Energy</b>	What our bodies need to be able to function.
<b>Fat</b>	A natural substance in the body that sits under the skin and around some organs to protect them.
<b>Fitness</b>	How fit you are.
<b>Harmful</b>	Something that causes, or will cause harm.
<b>Healthy</b>	To be in a good physical state of health.
<b>Heart</b>	An organ of the body that pumps blood.
<b>Heartbeat</b>	The pulse of your heart.
<b>Lungs</b>	An organ of the body that helps us breathe.
<b>Oxygen</b>	A gas that sustains life.
<b>Risk</b>	A situation that puts someone or something in danger.
<b>Saturated fat</b>	A less healthy type of fat in foods and the body.
<b>Strategy</b>	A plan of action used to achieve a goal or aim.
<b>Sugar</b>	A sweet substance found in foods that the body needs.



### Exercise

I know how to keep healthy and discuss what is healthy and unhealthy. I can link my learning to PE by explaining the difference between being active and inactive and what happens to our bodies when we are active. I can explain why it is important to exercise and how/why my body changes. I can say what I can do to help my lungs and heart become stronger.



### Healthy Choices

I can explain and demonstrate whether a food is a healthy choice or not based on what is in it. I know that food gives me energy, which I get from a balanced diet, and can explain the effect of too much sugar and types of fat on my body. I know I need to exercise to stay healthy and know the effect of not doing enough exercise on my body.



### How I feel about drugs

I know how to illustrate a story by listening and inferring what I hear. I am able to make links to what I already know. I am able to express an opinion on how I feel about drugs and their uses. I am able to give reasons for my opinion and listen to the opinions of others.



### Harmful Substances

I can explain how some things can be harmful and some things can be safe (links to healthy/unhealthy). I know that staying safe is also staying healthy. I can explain how to stay healthy by staying safe and link this to school/home. I can identify ways to keep safe.



### Peer Pressure

I understand that people may put pressure on us to try and influence the choices we made. I know ways to resist when people are putting pressure on me. I understand that choices I make can be right or wrong.

### Questions to Support Learning

- What does your body need to stay healthy?
- What does relaxed mean?
- What makes you feel relaxed / stressed?
- What types of medicine have I given you? What are they for?
- What healthy snack shall we make and eat together?
- What snacks could you eat before exercise?
- How can Calm Me time help you stay healthy?

