

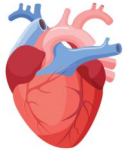
Year 3: Health and Wellbeing

Key Learning

We make different choices everyday that could affect our health e.g. food, exercise, sleep.



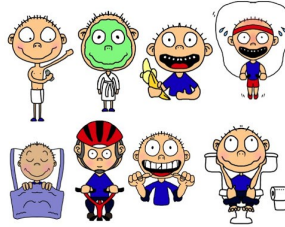
It is important to have a healthy, balanced diet that includes a wide variety of nutritious food from all different food groups (dairy, fruits, vegetables, grains, proteins and sugars).



Our heart and lungs are organs in our bodies. Our hearts pump blood around our body and our lungs take in oxygen to help us breathe.



Our habits such as eating, sleeping, exercising and hygiene can be maintained, changed or stopped.



Regular exercise such as walking or cycling has positive benefits for mental and physical health.

Our habits can have positive and negative effects on a healthy lifestyle.

Positive	Negative
Getting 10 hours sleep a night	Not getting enough sleep
Eating a balanced diet	Eating too much sugar
Regular exercise	Not exercising

Everyone is an individual and has unique and valuable contributions to make to society.



Mental Wellbeing



Our feelings can change over time and become more or less powerful.

Different things can affect feelings both positively and negatively.

People express feelings in different ways through words, actions and body language.

There are different strategies to identify and talk about feelings.

Most places, things and people are safe, but some places, things and people can be unsafe. If we feel unsafe, or are in an unsafe place it is important to tell a trusted adult immediately.



There are different types of drugs. All medicines are drugs, but not all drugs are medicines.



Key Vocabulary

Safe	To be protected from danger.
Harmful	To cause harm or danger to someone.
Advice	
Risk	A situation involving danger.