

Year 3 PSHE Summer term outline: Health and wellbeing			
Theme	Lesson	Learning outcome	Key questions
Physical health and mental wellbeing	1	<i>To learn about the choices that people make in daily life that could affect their health, to identify healthy and unhealthy choices and what can help people to make healthy choices as well as what might negatively influence them.</i>	How can we make healthy choices?
	2	<i>To learn about habits and that sometimes they can be maintained, changed or stopped and the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle.</i>	What are the effects of habits?
	3	<i>To learn what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally.</i>	What is a healthy, balanced diet?
	4	<i>To learn that regular exercise has positive benefits for their mental and physical health and about the things that affect feelings both positively and negatively.</i>	What are the benefits of exercise?
	5	<i>To learn strategies to identify and talk about feelings and some of the ways people express feelings as well as being able to recognise how feelings can change over time and become less powerful.</i>	How can feelings be expressed?
Growing and changing	6	<i>To learn to recognise common challenges to self-worth (finding work difficult, friendship issues) and basic strategies to manage and reframe setbacks (asking for help, remembering what they're good at).</i>	How can we manage when we find things challenging?
	7	<i>To learn that everyone is an individual and has unique and valuable contributions to make.</i>	What makes us unique?
	8	<i>To learn to recognise how strengths and interests form part of a person's identity and how to identify their own personal strengths and interests and what they are proud of.</i>	What are my personal strengths?
Keeping safe	9	<i>To learn how to identify typical hazards at home and in school and how to predict, assess and manage risk in everyday situations.</i>	How can we manage the risks in everyday situations?
	10	<i>To learn about fire safety at home including the need for smoke alarms.</i>	Why are smoke alarms so important?
	11	<i>To learn the importance of following safety rules from parents and other adults.</i>	Why are safety rules so important?

	12	<i>To learn how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety.</i>	How can we stay safe in different environments?
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