

Y3 PSHE Jigsaw Knowledge Organiser Healthy Me

Puzzle Outcomes

- To understand how exercise affects my body and know why my heart and lungs are such important organs.
- To set myself a fitness challenge.
- To know that the amount of calories, fat and sugar I put into my body will affect my health.
- To know what it feels like to make a healthy choice.
- To tell you my knowledge and attitude towards drugs.
- To identify how I feel towards drugs.
- To identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.
- To express how being anxious or scared feels.
- To identify when something feels safe or unsafe.
- To take responsibility for keeping myself and others safe.
- To understand how complex my body is and how important it is to take care of it.
- To respect my body and appreciate what it does for me.

Weekly Celebrations

- Week 1-Have made a healthy choice.
- Week 2 – Have eaten a healthy, balanced diet.
- Week 3 – Have been physically active.
- Week 4 – Have tried to keep themselves and others safe.
- Week 5 – Know how to be a good friend and enjoy healthy relationships.
- Week 6 – Know how to keep calm and deal with difficult situations.

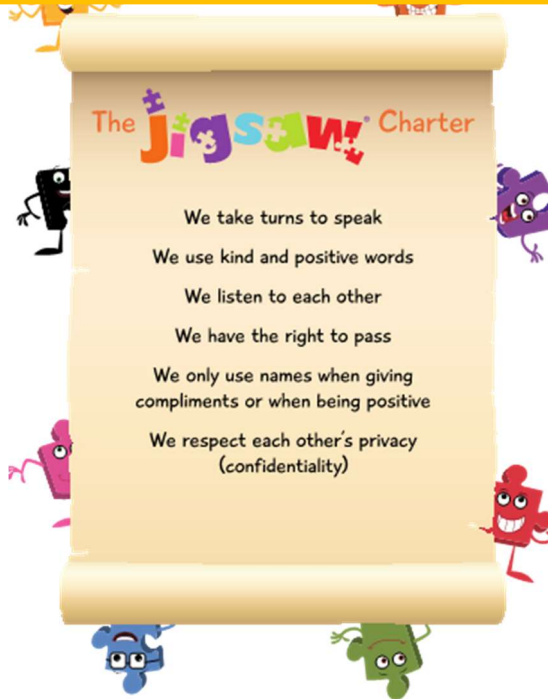
Healthy Me at Haydon Wick Primary School

As good citizens of Haydon Wick Primary School, it is important that we care for our own health and well-being. We are also aware of the well-being of others in our school and work together to support each other to be healthy and happy.



Our Values of the term:

Humility and Honesty



Key Vocabulary

| | |
|---------------|--|
| Fitness | Physical condition. |
| Energy | The ability to do work. |
| Calories | A unit of energy. |
| Saturated fat | A type of fat that contains carbon atoms that are fully saturated with hydrogen. |
| Healthy | Being sound and well – not unwell. |
| Drugs | Chemicals or substances that change the way our bodies work. |
| Safe | Free or secure from harm or danger. |
| Advice | An idea or opinion offered as help in making a choice or a decision. |
| Risk | Possibility of loss or injury. |
| Appreciate | To be grateful for or understand and accept the worth of; value. |