



PSHE Knowledge Organiser –

Physical Health, Growing and Changing and Money/Work (Year 3)

What will we be learning?

- About the importance of looking after our health (especially our teeth)..
- How to deal with our bodies growing and changing.
- Various aspects of planning for the future in terms of money/work.

Key knowledge

Physical Health and Mental Wellbeing Key Facts

- ❖ **Mental wellbeing** is an individual's level of psychological wellbeing which can affect a person's mood and their thoughts and can sometimes dictate their behaviour. Everybody has mental health, and it can be better, worse or fluctuate depending on the individual.
- ❖ **Physical Health** is defined as the condition of your body
- ❖ Physical health is critical for overall well-being, and can be affected by: Lifestyle: diet, level of physical activity, and behaviour (for instance, smoking)
- ❖ It is important to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)
- ❖ It is important to be aware of what can help people to make healthy choices and what might negatively influence them.
- ❖ A **habit** is a usual way of behaving, something that a person does often in a regular and repeated way.
- ❖ A habit can be maintained, changed or stopped.
- ❖ A healthy balanced diet should be eaten regularly to keep us both physically and mentally fit and strong.
- ❖ regular exercise such as walking or cycling has positive benefits for both our mental and physical health.
- ❖ Feelings can change overtime and become more or less powerful.

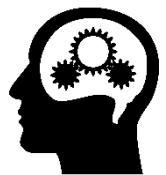


Money and Work

- ❖ Jobs that people may have can be from different **sectors** e.g. teachers, business people, charity work.
- ❖ People can have more than one job at once or over their lifetime.
- ❖ If you work hard and remained focus you can do any job you set your mind to.
- ❖ It is important to challenge **stereotypes** and become a role models in different fields of work.
- ❖ The interests, skills and achievements you have can inform your future job.
- ❖ Sometimes your hobby can become your job too.

Growing and Changing

- ❖ We are all **unique** and this should be celebrated.
- ❖ Everybody has valuable contributions to make.
- ❖ **Strengths and interests** form part of a person's identity.
- ❖ It is important to voice our thoughts and feelings. This can help us manage our emotions and responses to situations.
- ❖ Self-confidence is how secure you feel in yourself and your abilities.



Glossary

Key Words

wellbeing	adoptive	consequence	unique
mental	blended	informal	stereotype
physical	habit	respect	laws
foster	community	sector	stability