



## PSHE Knowledge Organiser – Relationships and Health (Year 3)

### What will we be learning?

- About the importance of families and friends in our lives.
- How to deal with relationships.
- Various aspects of health (mental, wellbeing, body etc).

### Key knowledge



#### Families and Friendships

- ❖ There are different types of families.
- ❖ There are *single parent* families, *same sex* parents, *step parents*, *blended families*, *foster* and *adoptive* parents.
- ❖ Being part of a family should provide support, stability and love.
- ❖ Being part of a family means you can spend time with the people you love and care for each other.
- ❖ Families can support you in times of difficulty and also encourage you in the things you do.
- ❖ It is important to know who we can trust and talk to if a situation makes us feel uncomfortable or unsafe.

#### Safe Relationships and Personal Boundaries

- ❖ It is important to be a good friend and know the impact of hurtful behaviour.
- ❖ Bullying is hurtful behaviour and is unacceptable in any situation.
- ❖ It is important to speak to someone we trust if we have a worry about ourselves or someone we know.

#### 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.



### Glossary

#### Key Words

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