





Year 3	PSHCE	Theme: Healthy Bodies, Healthy Minds	
Enquiry Question: How do you know if your mind or body is 'healthy'?			
Health	Free from injury or illness.	<p>For this half term, our PSHCE topic will be focused on sleep, food and hygiene.</p>  <p>Children will learn simple self-care techniques, including the importance of rest. Another focus of learning will be the importance of sufficient good quality sleep for good health and how a lack of sleep can affect mood and ability to learn. They will learn what constitutes a healthy diet, the characteristics of a poor diet and the risks associated with unhealthy eating. Children will learn about dental health and the importance of good oral hygiene, as well as personal hygiene and the importance of handwashing.</p>	<p><u>Our lessons will focus on:</u></p> <ul style="list-style-type: none"> • The power of sleep • Making healthy food choices • Germs! 
Wellbeing	The state of being comfortable, happy or healthy.		
Sleep	Body and mind are relaxed and inactive and eyes are closed.		
Routine	A sequence of actions regularly followed.		
Healthy	In a good mental or physical condition.		
Carbohydrates	A group of organic compounds in foods which can be broken down to release energy in the body.		
Dairy	A type of food containing or produced from the milk of mammals (e.g., cattle / goats).		
Germs	A microorganism, especially one which causes disease.		
Virus	It infects all forms of life from animals, plants to microorganisms.		
Habits	Small decisions made or actions performed every day.		
Can you think of any other important words linked to being 'healthy'?			<p style="text-align: center;"><u>Golden Rules</u></p> <ul style="list-style-type: none"> ✓ We are gentle. ✓ We are kind and helpful. ✓ We listen. ✓ We are honest. ✓ We work hard. ✓ We look after property.