

National Statutory Requirements

(DFE Statutory Guidance on Health Education and Relationship Education)

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
- the characteristics and mental and physical benefits of an active lifestyle.
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- the risks associated with an inactive lifestyle (including obesity).
- how and when to seek support including which adults to speak to in school if they are worried about their health.
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.

Series of Lessons (Taught through 'Healthy Heroes' –a Science based theme)

- Think about what a healthy lifestyle means
- Sort and classify food into food groups
- Understand the need for a healthy, nutritional and balanced diet
- Begin to understand the differences between an adult's diet and a child's diet.
- Identify food allergies, their causes and symptoms.
- Understand how sleep contributes to a healthy lifestyle.
- Consider what makes a good bedtime routine and what improvements we can make to ours.
- Understand what hygiene means and how this keeps us healthy
- Identify and categorise nutrition for animals.
- Identify that humans and some other animals have skeletons and muscles for support, protection and movement.
- The different types of skeletons, which animals including humans have.
- Begin to understand the effect which exercise has on our bodies.

Unit Outcomes

In this unit of work, pupils learn:

- what it means to be healthy
- how regular exercise affects physical and mental health
- to identify opportunities to be physically active
- about balanced diets and making healthy food choices
- how habits can have positive and negative effects on a healthy lifestyle
- about the benefits of sun exposure (Covered in 'Light & Shadow-Science unit)
- about the risks of over exposure to the sun and how to keep safe from sun damage and heat stroke (Covered in 'Light & Shadow-Science unit)

PDL



Physical Health – Year 3

Progression of Skills (PSHE ASSOCIATION PROGRAMME OF STUDY 2020)

H2. about the elements of a balanced, healthy lifestyle

H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle

H5. about what good physical health means; how to recognise early signs of physical illness

H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.

H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle

H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer

H38. how to predict, assess and manage risk in different situations

R&R and Herne Harmony Values

Article 24, Article 27

Enjoyment, Motivation, Independence

Vocabulary

Healthy, Physical,
Mental, Habits, Diet,
Exercise, Lifestyle

Resources

Flipcharts, Worksheets
on system, Baseline
Assessments, Resources
on system.