



Year:	Year 3	Unit:	Healthy Me
What will I learn this year? - Know how exercise affects their bodies - Know why their hearts and lungs are such important organs - Know that the amount of calories, fat and sugar that they put into their bodies will affect their health - Know that there are different types of drugs - Know that there are things, places and people that can be dangerous - Know a range of strategies to keep themselves safe - Know when something feels safe or unsafe - Know that their bodies are complex and need taking care of			
Key Vocabulary		What should I already know?	
Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice.		Know what their body needs to stay healthy - Know what relaxed means - Know what makes them feel relaxed / stressed - Know how medicines work in their bodies - Know that it is important to use medicines safely - Know how to make some healthy snacks - Know why healthy snacks are good for their bodies - Know which foods given their bodies energy	
		What will I learn next?	
In this Puzzle the class talk about the importance of exercise and how it helps your body to stay healthy. They also talk about their heart and lungs, discuss what they do and that they are very important. The children talk about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. The class talk about different types of drugs, the ones you take to make you better as well as other drugs. The children think about things, places and people that are dangerous and link this to strategies for keeping themselves safe.		Know how different friendship groups are formed and how they fit into them - Know which friends they value most - Know that there are leaders and followers in groups - Know that they can take on different roles according to the situation - Know the facts about smoking and its effects on health - Know some of the reasons some people start to smoke - Know the facts about alcohol and its effects on health, particularly the liver - Know some of the reasons some people drink alcohol - Know ways to resist when people are putting pressure on them - Know what they think is right and wrong	

