



**Learning Module:
Spring Term 2 / Puzzle 4
Year 3 – Healthy Me**

**Pupil outcomes as a result of this module –
*Children will learn how to make healthy lifestyle choices and how to care for their body.***

<p><u>Knowledge</u></p> <ul style="list-style-type: none"> ○ I understand how exercise affects my body and know why my heart and lungs are such important organs. ○ I know that the amount of calories, fat and sugar I put in my body will affect my health. ○ I can tell you my knowledge and attitude towards drugs. ○ Identify things, people and places that I need to keep safe from. ○ Know some strategies for keeping myself safe, who to go to for help and how to call emergency services. ○ I can identify when something feels safe or unsafe. 	<p style="text-align: center;"><u>End of Year/Key Stage Objectives</u></p> <p>1b, to share their opinions on things that matter to them and explain their views</p> <p>1d, to think about themselves, learn from their experiences and recognise what they are good at</p> <p>2e, to realise that people and other living things have needs and that they have responsibilities to meet them</p> <p>3a, to make simple choice that improve their health and well-being</p> <p>3b, to maintain personal hygiene.</p> <p>3d, about the process of growing from young to old and how people’s needs change and that families and friends should care for each other.</p> <p>3e, to know the names of the main parts of the body</p> <p>4c, to recognise how their behaviour affects other people, to identify and respect the differences and similarities between people</p>
<p><u>Skills</u></p> <ul style="list-style-type: none"> ○ I can set myself a fitness challenge. ○ I know what it feels like to make a healthy choice. ○ I can identify how I feel towards drugs. ○ I can cexpress how being anxious or scared feels. ○ I can take responsibility for keeping myself and others safe. 	<p>National Curriculum – Science</p> <p>2a, To recognise and compare the main external parts of the bodies of humans and of other animals.</p> <p>Sc2/1b, that animals including humans move, feed, grow, use their senses, and reproduce.</p>
<p><u>Understanding</u></p> <ul style="list-style-type: none"> ○ I understand how complex my body is and how important it is to take care of it. ○ I respect my body and appreciate it for what it does for me. ○ I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. ○ I can express how being anxious/scared and unwell feels. 	