

# My Healthy Lifestyle (Y3)

## What you have already learnt in Year 2:

- You know that a healthy lifestyle includes being physically active, resting, healthy eating, dental health, sun protection and emotional health.
- You are able to give examples of what you do to keep myself healthy.
- You can make simple choices to improve your physical and emotional health.
- You know how diseases are spread and how they can be controlled.
- You can wash your hands properly.
- You can recognise and name a range of feelings and understand that we all experience emotions in relation to different experiences and situations.
- You have simple strategies to manage your feelings.
- You understand what being resilient means to you and have strategies you can use.
- You know that even changes we want to happen can sometimes feel uncomfortable but you have ways manage those feelings.

## Opportunities for teaching diversity, equality and expanding cultural capital

Opportunities to meet people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities to read stories about people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities for children to extend their knowledge of healthy eating and compare the diet of people living in different parts of the world.

## What you will have learnt by the end of Key Stage 2:

By the end of Key Stage 2, you will have a secure understanding about what a healthy lifestyle is. You will be able to make good, informed choices about how you can stay healthy including about what you eat, physical exercise, sleep, personal hygiene and staying safe in the sun. You will also know more about how to keep your mind happy and healthy. You will have some knowledge about the risks associated with having an unhealthy lifestyle and be able to recognise early signs on illness. You will know where to go for help should you or anyone you know need it. You will have learnt strategies to help you to become more resilient and to cope with emotions and feelings that may arise from lots of different situations.

## Skills and knowledge I may use from other subjects:

### English:

- You will continue to develop skills learnt in reading such as being able to discuss information you have read to aid your understanding, identifying themes and checking that what you have read makes sense to you.
- You will be able to practice summarising, retrieving and recording information from non-fiction texts.
- You will be able to develop handwriting skills such as letter formation and joined up handwriting.
- You may be asked to write in different styles of writing such as a short story or diary entry.

### Science:

- You will learn that humans need the right types and amount of nutrition and that they cannot make their own food. You will also understand that humans get nutrition from what they eat.

## What you will have learnt by the end of this unit.

- I can make choices about my lifestyle to improve my health and well-being.
- You will be able to recognise that choices can have good and not so good consequences.
- You know what the good habits are for looking after my growing body both physically and emotionally on a daily and regular basis
- You will know the benefits of physical exercise and time outdoors.
- You will know how to look after your mental wellbeing through some self-care techniques e.g relaxation, benefits of hobbies and interests etc.
- You can communicate your feelings to others, recognise how others show feelings and know to respond appropriately.
- You understand what being resilient means to you and you have strategies you can use.
- You can understand why other people are behaving as they are when they are finding change difficult.

## Key Skills

### Personal Effectiveness

- Resilience (including self-motivation, perseverance and adaptability)
- Strategies for identifying and accessing appropriate help and support

### Interpersonal and social effectiveness

- Using skills and attributes to build and maintain healthy relationships

### Managing risk and decision making

- Assessing the validity and reliability of information
- Identify links between values and beliefs, decisions and actions
- Making decisions

## Key Vocabulary

**Active** - always doing something; busy; full of energy

**Choice** - the act of picking or choosing

**Consequence** - something that follows as a result of something else

**Disease** - a condition that causes harm to the health of a person, animal or plant; illness; sickness

**Emotions** - a strong feeling such as joy, hatred, sorrow or fear

**Habits** - a regular action that becomes routine

**Healthy eating** - the things you should eat to maintain a balanced diet

**Hobbies** - an interest or activity that one does for pleasure in their spare time

**Interests** - the desire to learn, know or take part in something

**Lifestyle** - the general way of life of a person or group which includes jobs, activities and attitudes these things

**Mental health** - the condition of someone's mind and emotions

**Personal hygiene** - the practice of keeping clean to stay healthy and prevent disease

**Physical health** - describes the condition of your body and includes whether you have an illness or injury

**Resilient** - being able to withstand and recover quickly from difficulty

**Strategies** - a plan, method or series of actions to achieve a particular goal

**Sun protection** - the act of keeping safe from the sun

## Overview

We are learning about ourselves ('Me') and how we can stay healthy.

There are many ways to stay healthy such as:

- Exercising
- Eating healthily
- Having a happy attitude



We will be learning about:

- Choices, habits and consequences
- The importance of exercise and spending time outdoors
- Our emotions, how others may show their emotions and how to respond appropriately
- Ways to look after our mental wellbeing through self-care techniques
- Resilience and strategies to help us to cope with change

## Choices and Habits



### Choices

Throughout our lives we have lots of different choices to make about our health and wellbeing (e.g. how we exercise, what we eat, etc.) You should begin to have your own views about a range of health and wellbeing-related topics. Examples may include: 'For or against - children should only be allowed to eat sweets if they have an adult with them', 'For and against - Children should not be allowed to choose their own lunchtime meals' or 'For or against: children should be made to do 30 mins exercise every day'.

### Habits

It is important to develop habits in order to maintain a healthy lifestyle. Habits which develop early are more likely to be sustained throughout your lifetime. Habits such as brushing your teeth, bathing regularly, exercising and good sleeping patterns can have a positive impact on your body both physically and mentally.

### Consequences

All decisions and choices we make will have a consequence. These consequences can be positive or negative. It is important that we develop strategies to cope with negative consequences, such as talking to a trusted adult, in order to build our resilience.



## Being Safe and Healthy

### Physical Exercise

Exercise is extremely important to keep our bodies and mind healthy and happy. We can exercise in so many different ways such as walking, running, playing games, skipping, swimming and jumping. We should exercise for at least 30 minutes each day!



### Spending Time Outside



### Mental wellbeing

Looking after your mental wellbeing is just as important as taking care of your body physically. Learning some self-care techniques, such as relaxation and breathing exercises, will help you do this when times get tough. Having some hobbies and interests you can turn to can also help to improve our mental wellbeing.



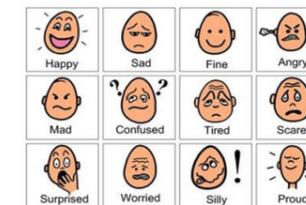
### Recall and Remember Quiz!

1. What choices can you make to stay healthy?
2. Explain the difference between a choice and a habit.
3. Name 5 benefits of physical exercise and time spent outdoors.
4. How can you look after your mental well-being?
5. Why is it important to communicate your feelings to others and how can you do this?
6. What is change and how can it make you feel? How can you cope with change?

## Feelings and our Emotions

### Thinking about Feelings

Emotions are our inner feelings which can take many different forms such as feeling 'happy', 'scared' or 'confused'.



Emotions can present themselves more intensely such as feeling 'furious' rather than 'mad', or feeling 'ecstatic' rather than 'happy'. We should use the most accurate words to describe our emotions.

### Communicating Feelings and Emotions

Our emotions can often be seen through our facial expressions and our body language. It is important to understand that different people may show their feelings in different ways, and we must be accepting of that.

It is ok and natural to have any feeling. We can talk about our feelings to people that we trust such as parents/teachers (trusted adults) or our friends.

### Affecting feelings

The way that we behave can affect the way that others feel. For example, if we are kind to someone, we can make them feel happy. We may even cheer them up if they were feeling sad!

We can also affect our own feelings by thinking about what is causing them. We can act on this information to help us to stay in control of our emotions!

### Change

As we grow up, we will experience change. This might be a small change such as moving up a stage in your swimming lessons, or a big change such as moving house or changing schools. Either way, change can be difficult, even when we want the change to happen.

### How change can make us feel

Change can make us feel all sorts of different things such as happy and excited, or even nervous or worried. People may feel differently about change, and this is ok. We can use some of the strategies we have learnt to help us to cope with change and our feelings such as talking to people we trust, friends and family.

### Recall and Remember!

Remember to regularly go back to your knowledge mind map and add everything that you can remember about what you have learnt so far. Your teacher will remind you to do this.

