

Ashtree Primary School and Nursery Medium Term Plan for PSHE

Year 3 Spring Term – Physical health

Prior Knowledge –Year 2:

1. about the things that will help us to fall asleep and get a good night's sleep
2. To learn about how being active can keep people healthy
3. To learn how to keep safe in the sun.

Prior skills – Year 2:

1. describe some reasons why sleep is important
2. recognise some things that may be stopping us getting to sleep, and ideas to manage them
3. identify some things that might help us get to sleep (including rest and relaxation)
4. identify what being healthy means and what helps people to be healthy
5. identify some ways to be active every day
6. describe some things that happen to someone's body when they are physically active
7. recognise when they can make choices about physical activity
8. explain who can help with physical activity, and who to ask for support with this
9. explain why being in the sun can be good and not so good for our health
10. identify different ways to protect our skin in the sun
11. give examples of what can be used to provide protection from the sun

Key Knowledge :

1. learn about the importance of dental health routines
2. To learn what makes a healthy diet and why this is important
3. To learn how to manage risk in relation to sun exposure, including skin damage and heat stroke.
4. can provide first aid treatment for a casualty who has been bitten or stung

Key Skills:

1. identify how everyday actions affect dental health
2. describe ways to maintain good dental health
3. explain common risks to dental health and how to manage them
4. recognise the range of foods that make up a healthier, balanced diet
5. identify food/drinks that should be consumed regularly and those that should be consumed less often or in smaller amounts
6. explain the effects different foods can have on bodies
7. describe some healthier eating habits
8. recognise where to find reliable information about food and drinks
9. describe some benefits of limited sun exposure for physical and mental wellbeing
10. describe how the sun can damage skin and health explain what appropriate exposure and over exposure is in relation to the sun and how to limit exposure
11. evaluate the possible challenges to limiting sun exposure and strategies to overcome these
12. Identify when a casualty is having an allergic reaction to a bite or sting
13. Comfort and reassure a casualty who has been bitten or stung
14. Seek medical help if required

Vocabulary: dental, enamel, plaque, cavity, acid, gum disease, oral hygiene, saliva, acid, carbohydrates, calories, dairy, habits, fats, fatty acids, minerals, nutrition, ultra-processed, junk food, protein, pulses, starch, sugar, sweeteners, vitamin allergic airways respiratory rate breathing Reddening puncture swelling infection venom reaction auto injector anaphylaxis

Schemes used:

PSHE Association

St John's Ambulance

Future Knowledge:

1. To learn about the importance of good sleep
2. To learn about influences and making healthy choices when deciding what to eat or drink
3. Seek medical help, if required, for someone who is having an asthma attack