


Year 3 Looking After Me

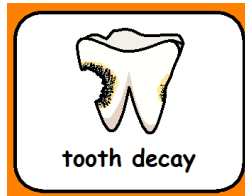
Spring 1



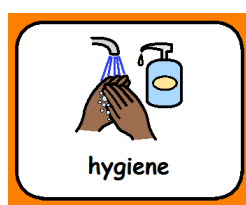
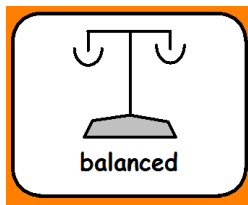
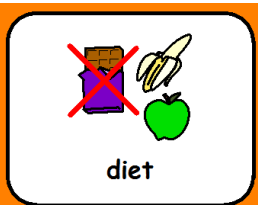
How can I stay healthy every day?



What are the benefits of a balanced diet?



Key Vocabulary	Definition
diet	The food and drink usually eaten and drunk by a person.
balanced	A state in which all elements are equal.
hygiene	The practice of keeping clean to stay healthy and prevent disease.
cavities	It develops when a tooth decays. As a result a hole can grow in a tooth.
decay	It is caused by bacteria in the mouth and can lead to holes in teeth.



Key Outcomes
I know how everyday hygiene rules help us to stay clean and safe.
I know how to maintain good oral hygiene .
I understand what constitutes a healthy balanced diet .
I understand the importance and benefits of physical activity - amount/ type/ balance with other activities.
I understand the importance of the amount of sleep we get.
I know how the amount of screen time can affect our sleep and mood



Key Skills
I can identify big ideas in a stimulus and ask questions related to these.
I can explain how ideas are linked.
I can support and build on ideas of others.
I can stay focussed on a matter at hand.
I can explore a range of different possibilities.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well