

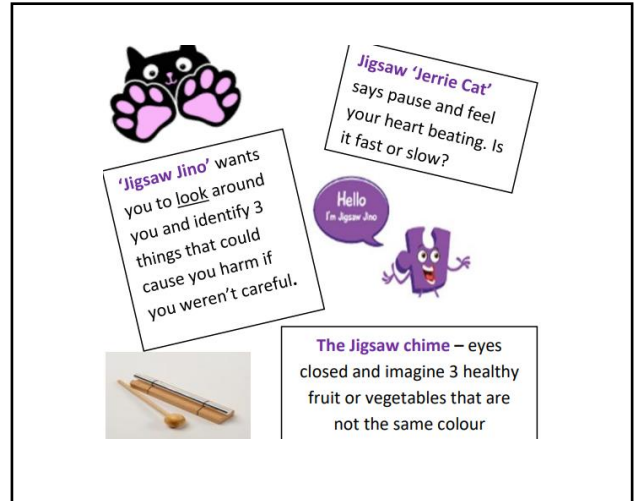
LKS2 PSHE Knowledge Organiser

Year: 3 Term: 4

Focus - Healthy Me

National Curriculum Objectives

- 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

Word	Meaning
Fitness	The condition of being physically fit and healthy.
Calories	A calorie is a unit of energy
Drugs	A medicine or other substance which affects the body
Organs	Parts of the body with a specific vital function.

Sticky Knowledge:

Physical health is critical for overall well-being, and can be affected by: Lifestyle: diet, level of physical activity, and behaviour (for instance, smoking)

It is important to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)

A healthy balanced diet should be eaten regularly to keep us both physically and mentally fit and strong.

regular exercise such as walking or cycling has positive benefits for both our mental and physical health.