

Year 3 – Healthy me

Over the term, we will be looking at being healthy. We will look at how to keep healthy and how our body reacts to keeping fit. We will be reminded of how important being healthy is, a balanced diet and also ways to keep fit.

In this unit children will:

- Respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability).
- Identify a dream/ambition that is important to me.
- Break down a goal into a number of steps and know how others could help me to achieve it.
- Learn who is responsible for their learning.

Prior Learning

EYFS – Basic movements in PE

Year 1 – Healthy Me, circuits and exercise.

Year 2 - Healthy Me, circuits and exercise.

Cross Curricular Links

Science – The body parts.

PE – Keeping fit, basic exercise.

Key Questions

- What does being healthy mean?
- What is exercise?
- How do we achieve these?
- What is a balanced diet?
- What can we do to improve our lifestyle?
- Is it difficult to be healthy?

Key Vocabulary

- **Healthy** - in a good physical or mental condition.
- **Unhealthy** - in an unsound, weak, or gloomy condition.
- **Balanced** - a situation in which different elements are equal or in the correct proportions.
- **Exercise** - activity requiring physical effort, carried out to sustain or improve health and fitness.
- **Hygienic** - conducive to maintaining health and preventing disease, especially by being clean.
- **Body parts** - any part of an organism such as an organ or extremity. organism, being - a living thing that has the ability to act or function independently.
- **Mental Health** - a person's condition with regard to their psychological and emotional well-being.

Key Knowledge

- Health can be defined as physical, **mental**, and social wellbeing, and as a resource for living a full life.
- **Exercise** may help you lose fat, especially in combination with a **healthy** diet. It doesn't just burn calories, but also improves your hormone levels and overall **body parts**.
- In order to be **healthy** it's best to eat a combination of animals and plants — meat, fish, eggs, vegetables, fruits, nuts, seeds, as well as **healthy** fats, oils and high-fat dairy products.
- In order to achieve a **balanced** lifestyle, you must make sure you are **healthy**. Your body needs plenty of rest, **exercise** and **healthy** food.