








South Gosforth First School
PSHE –Year Three Summer 2 Overview



 <p style="text-align: center;"><u>Why should we keep active and sleep well?</u></p> 				
Health and Wellbeing	Being healthy; Keeping active; Taking rest			
In this unit pupils learn:	<ul style="list-style-type: none"> • how regular physical activity benefits bodies and feelings • how to be active on a daily and weekly basis – how to balance time online with other activities • how to make choices about physical activity, including what and who influences decisions • how the lack of physical activity can affect health and wellbeing • how lack of sleep can affect the body and mood and simple routines that support good quality sleep • how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried 			
PSHE Association Programme of Study references:	<p>H1: how to make informed decisions about health</p> <p>H2: about the elements of a balanced, healthy lifestyle</p> <p>H3: about choices that support a healthy lifestyle, and recognise what might influence these</p> <p>H4: how to recognise that habits can have both positive and negative effects on a healthy lifestyle</p> <p>H7: how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle</p> <p>H8: about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn</p> <p>H13: about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online</p> <p>H14: how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health</p>			
Key vocabulary:	healthy lifestyle; physical activity; habits; sleep; screen time; mood; support			
No Outsiders Text:	<table border="1" style="width: 100%;"> <tr> <td style="width: 33%; text-align: center;">  <p style="text-align: center;">‘The Hueys in the New Jumper’ by Oliver Jeffers</p> </td> <td style="width: 33%; text-align: center;"> <p>Learning Intention: To recognise and help an outsider</p> </td> <td style="width: 33%; text-align: center;"> <p>Success Criteria: I know why it’s hard to be different I know how to help someone to be strong</p> </td> </tr> </table>	 <p style="text-align: center;">‘The Hueys in the New Jumper’ by Oliver Jeffers</p>	<p>Learning Intention: To recognise and help an outsider</p>	<p>Success Criteria: I know why it’s hard to be different I know how to help someone to be strong</p>
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