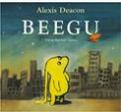




South Gosforth First School
PSHE –Year Three Summer 1 Overview



 <p style="font-size: 1.2em;">Why should we eat well and look after our teeth?</p> 				
Health and Wellbeing	Being healthy; Eating well; Dental care			
In this unit pupils learn:	<ul style="list-style-type: none"> • how to eat a healthy diet and the benefits of nutritionally rich foods • how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist • how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health • how people make choices about what to eat and drink, including who or what influences these • how, when and where to ask for advice and help about healthy eating and dental care 			
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>H5: about what good physical health means; how to recognise early signs of physical illness</p> <p>H6: about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay</p> <p>H11: how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)</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; balanced diet; oral hygiene; obesity; tooth decay; habits; support			
No Outsiders Text: 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;"> <p>'Beegu' by Alexis Deacon</p> </td> <td style="width: 33%; text-align: center;"> <p>Learning Intention: To be welcoming</p> </td> <td style="width: 33%; text-align: center;"> <p>Success Criteria: I know the behaviour that makes someone feel like an outsider I know how to make someone feel welcome</p> </td> </tr> </table>	<p>'Beegu' by Alexis Deacon</p>	<p>Learning Intention: To be welcoming</p>	<p>Success Criteria: I know the behaviour that makes someone feel like an outsider I know how to make someone feel welcome</p>
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