



It's My Body

Y3 PSHE Health and Wellbeing

Subject Specific Vocabulary

Secret

Something not meant to be known by others.

Trusted adult

Someone you have a good relationship with, whom you can talk to.

Choices

The ability to choose between 2 or more things.

Relationship

The way 2 or more people or things are connected.

Hygiene

A practice to maintain health and prevent disease or germs.

Drugs

A medicine or other substance which has a physical effect when taken.

Habit

Something that a person does regularly and often.



End Point

To know the effects of looking after myself as well as the negative impact of not looking after my body correctly.



Key knowledge about 'It's My Body'

I know that I have the right to protect my body and tell someone if I feel there has been any inappropriate or unwanted contact.

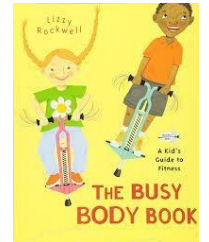
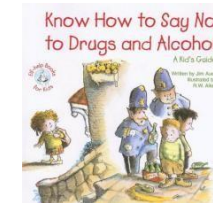
Choosing healthy foods will keep me fit and healthy.

Germs can affect my health and keeping clean will reduce their spread.

I understand that some drugs, alcohol, tobacco can damage my future health.



Exciting Books



Questions

What is a good touch/bad touch?

What is a balanced lifestyle?

Why is it important to get enough sleep?