



SAINT JAMES'

The ASPIRE Curriculum-Key Learning



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Title: Healthy Me

Year 3 Spring 2

Subject: PSHE

Key Knowledge

- I can understand how exercise affects my body.
- I know why my heart and lungs are such important organs.
- I can understand that the amount of calories, fat and sugar that I put into my body will affect my health.
- I can understand that there are different types of drugs.
- I can understand that there are things, places and people that can be dangerous.
- I can understand a range of strategies to keep myself safe.
- I can understand when something feels safe or unsafe.
- I can understand that my body is complex and needs taking care of.

Advice



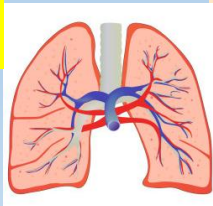
Key Skills (Social and Emotional)

- I can set myself a fitness challenge.
- I can recognise what it feels like to make a healthy choice.
- I can identify how I feel about drugs.
- I can express how being anxious or scared feels.
- I can take responsibility for keeping myself and others safe.
- I respect my own body and appreciate what it does.

Saturated fat



Oxygen



Key Vocabulary

Advice	Is something you say to someone to help them decide what to do.
Anxious	Worried and nervous or eager to do something.
Attitude	The way you think or feel about something and the way you behave.
Calories/ Kilojoules	A unit for measuring the amount of energy produced by food.
Complex	Difficult and complicated.
Oxygen	One of the gases in the air that people need to stay alive.
Risk	A chance that something bad will happen.
Saturated fat	A type of fat that can be unhealthy.
Strategy	A plan to achieve something.

Healthy Me

