

Holy Family Catholic Primary School Cronton

Year 3: PSHE summer term

Themes: Health choices and habits; what affects feelings; expressing feelings, Personal strengths and achievements; managing and reframing setbacks and Risks and hazards; safety in the local environment and unfamiliar places.

Throughout the term, children will learn:

To identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep).
What can help people to make healthy choices and what might negatively influence them.

About habits and that sometimes they can be maintained, changed or stopped.
What is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally.

To recognise how strengths and interests form part of a person's identity.
How to identify their own personal strengths and interests and what they're proud of (in school, out of school).

How to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen.
About fire safety at home including the need for smoke alarms.

Key vocabulary:

Healthy: in a good physical or mental condition; in good health.

Unhealthy: harmful to health.

Identity: the fact of being who or what a person or thing is.

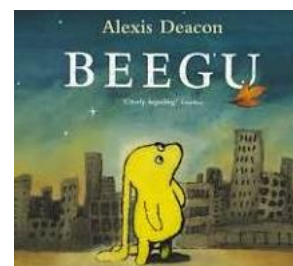
Interests: the feeling of wanting to know or learn about something or someone.

Fire safety: the set of practices intended to reduce destruction caused by fire.

999: the emergency number for contacting emergency services, e.g. police, ambulance and fire brigade.



No Outsiders curriculum book for the summer term



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To be welcoming.