


ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PSHE 	YEAR 3	SUMMER TERM UNIT 5: PHW – Physical wellbeing, including safety	UNIT 6: 6a PHW – Diet and exercise 6b EHW – Moving on
Knowledge Focus	Core Theme 1: Health and Wellbeing (Emotional Health & Wellbeing/Physical Health & Wellbeing)		
<u>PSHE Education Primary Toolkit 2020</u> Health and Wellbeing H1 – H50	Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and goal-setting) Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks).		
Year 3 Summer 1 Unit 5	Physical wellbeing, including safety <ul style="list-style-type: none"> • I know how good physical health can be maintained. • I can give examples of what is meant by risk, danger and hazard. • I can identify potential risk in different familiar situations. • I can identify whether a risk is appropriate to manage myself. • I can describe how to manage risk safely (e.g. crossing the road). • I know where I can get help if I feel a situation is risky or dangerous. • I know there is advice and guidance to help keep people safe in different places and situations. 		
Year 3 Summer 2 Unit 6	Diet and exercise <ul style="list-style-type: none"> • To identify different ways to help maintain good health. • To know what is meant by a 'balanced lifestyle'. • To identify what food they think should be eaten regularly to maintain good health. • To describe what it means to make an informed choice and give examples of the kinds of choices people make in their daily lives. • To describe choices that have positive consequences on health and those which may have more negative effect. • To describe what helps people to make a positive choice. Moving on <ul style="list-style-type: none"> • To know examples of when someone might experience change (at school). • To know that change might bring a variety of feelings, including not so good feelings (such as sadness or worry). • To identify what people can do to help manage the changes they might experience and how to manage feelings to help themselves feel better. • To know the importance of sharing and expressing feelings about change or loss, and some ways of doing this. • To show empathy towards others. 		