



**Be the best that we can be.**

## EJB Knowledge Organiser PSHE & RHE Year 3

### Autumn 2 Health and Wellbeing



#### Learning objectives

In this unit, children learn how to look after their physical and mental health by making healthy choices, recognising their strengths and identity, setting achievable goals and working cooperatively with others.

- Create a healthy diary, where energetic activities and high-energy food are scheduled for the same day.
- Work in pairs so that one person can do a stretch while the other draws a stick figure to show the pose.
- Understand the different aspects of their identity.
- Identify their own strengths and that they can help other people.
- Describe how they would break a problem down into small, achievable goals.
- Understand the benefits of healthy eating and dental health.

#### Key facts

Relaxation helps keep our body and mind healthy. Stretches are one way to relax.



Lots of things make up our identity, including the groups we belong to.

Breaking problems can help us solve them. Belonging can make us feel happy. We need foods from different groups to keep us healthy.

#### Health Tips



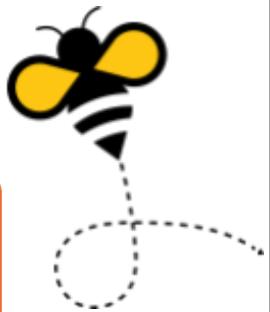
Keeping a diary can help us have a healthy lifestyle.



Eat five portions of fruit and vegetables every day.



Brush your teeth at least twice a day.



Read all about it! Can you find these books in your local library?

#### Key Vocabulary

#### Getting help



Alon, balance, barriers, belonging, diet, healthy, identity, lonely, relax, resilience, stretch.

If you are worried about anything, talk to an adult you trust at home or at school.