

Intent

We believe that children need to be aware of both their mental wellbeing and their physical health, therefore we place utmost importance on educating children of all ages on how to maintain overall health. We begin with ideas of physical health at a very young age and enable children throughout the school to know what they need to do to keep their bodies healthy. We introduce ideas of mental wellbeing slightly later, in Key Stage 2, as we believe that this is the age where children are able to understand what mental wellbeing is, and how our actions and choices can impact upon it. As the children grow, our curriculum is designed to give children the knowledge of what will be happening to them and their bodies throughout the next stages of their lives. This knowledge should help them to process these changes as they occur and enables them to ask questions to help them through a time that can be confusing to a young mind. Covering all manners of ways to keep safe is vitally important in school, so children understand the purpose of rules and boundaries in all areas of their lives. The breadth of knowledge we aim to impart empowers children to make good choices that will keep them safe, whether they are outside exploring the world or within their homes.

Physical Health and Mental Wellbeing

In Year 3, we start to distinguish the difference between mental and physical health, whilst also teaching that both are important. We start to teach children things that they can do to maintain good mental and physical health, explaining to the children the benefits that exercise and good nutrition can have for them. We also talk about the fact that these choices aren't always easy – sometimes, we might enjoy chocolate more than fruit, but we need a mix of both for our overall health.

Growing and Changing

Our teaching in Year 3 continues to help children to manage their emotions and feelings. We teach children how important it is to talk, so that children learn that talking can assist with their emotional management. We teach children the definition of self-confidence so that when we discuss this in years to come, children have a solid understanding of the vocabulary.

Keeping Safe

In Year 3, we recap the safety concepts we taught in Year 2, demonstrating to the children that roads and bodies of water are hazards that we need to manage in order to stay safe. We anticipate that more children will be spending time alone by Year 3, so we need children to be able to keep safe in these situations.

	Physical health and mental wellbeing	Growing and changing	Keeping safe
Year 3	<p><u>Recap</u></p> <p>To grow into a healthy adult, we must eat the right amount of the right types of foods, exercise regularly and maintain good hygiene.</p> <p><u>Crucial</u></p> <p>Mental wellbeing is how you are generally feeling on the inside. Your wellbeing can affect your mood and behaviour. Everybody has mental health and it can be better or worse over time.</p> <p>Physical Health is the condition of your body</p> <p>Physical health is really important as it affects how we feel, and can be affected by what we eat, how often we exercise, our sleep and our other behaviours.</p> <p>A balanced diet helps to keep you healthy, both physically and mentally.</p> <p>regular exercise such as walking or cycling can help both our mental and physical health</p> <p><u>Extended</u></p> <p>It is important to identify healthy and unhealthy choices (e.g.</p>	<p><u>Recap</u></p> <p>Getting older means becoming more responsible and doing things for yourself.</p> <p><u>Crucial</u></p> <p>We are all unique and this should be celebrated.</p> <p>Everybody has important things to say and do.</p> <p>It is important to voice our thoughts and feelings. This can help us to look after our feelings and control how we respond to people and their actions.</p> <p>Self-confidence is how secure you feel in yourself and your abilities.</p> <p><u>Extended</u></p> <p>Your strengths and interests are part of who you are.</p>	<p><u>Recap</u></p> <p>It is important to follow safety rules from trusted adults in order to keep safe.</p> <p>We have to look both ways to cross the road safely.</p> <p>When you see deep water, you need to stay away from the edge so you don't fall in.</p> <p>If there is an accident and someone is hurt, shout as loud as you can for help. If there are no grown-ups to help, you can ring 999.</p> <p>A trusted adult is someone you have a good relationship, who you know cares about you.</p> <p><u>Crucial</u></p> <p>A hazard is a something that could be dangerous.</p> <p><u>Extended</u></p> <p>Sometimes, you might have to ask for help from an adult in a position of trust. For example, a shop worker or a security guard.</p>

	<p>in relation to food, exercise, sleep)</p> <p>It is important to know what can help us to make healthy choices, and why sometimes that might be hard.</p> <p>Feelings can change overtime and become more or less powerful.</p>		
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