

Goonhavern Primary School- PSHE

TOPIC: How Should we Keep Active and Sleep Well?

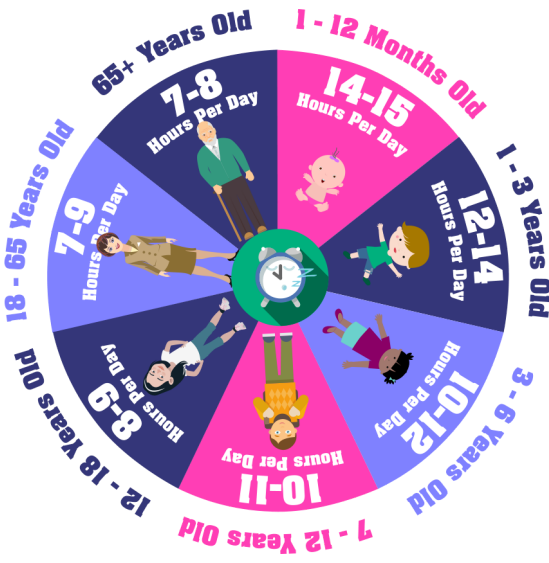
YEAR: Three

STRAND: Health and Wellbeing

What should I know already?	What will I know by the end of the unit?
<ul style="list-style-type: none"> • Different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest. • How to be physically active and to know how much rest and sleep they should have everyday. • That there are different ways to learn and play How to know when to take a break from screen-time. • How sunshine helps bodies to grow and how to keep safe and well in the sun. 	<ul style="list-style-type: none"> • How regular physical activity benefits bodies and feelings. • How to be active on a daily and weekly basis. How to balance time online with other activities. • How to make choices about physical activity, including what and who influences decisions. • How the lack of physical activity can affect health and wellbeing. • How lack of sleep can affect the body and mood and simple routines that support good quality sleep. • How to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried.

Vocabulary

Physical activity	Physical activity includes play, games, sports, transportation, chores and recreation.
Feelings	Emotions are also called feelings - like being happy or mad or scared. You feel them because of what you see, hear, remember, and do. So whether you're sad and blue or happy and excited, you can share your feelings with other people by talking about them.
Health and Wellbeing	Feeling healthy and happy on the inside and the outside. And feeling well emotionally, physically and mentally. % ways to well being- Give, Take notice, Keep active, Keep learning. Connect.
Quality sleep	Getting the correct amount of sleep for your age so that your body can rest and repair itself.
Seek support	Knowing who is available to help if you are worried or need advice.

Image/diagram that helps me to articulate my knowledge/understanding	Investigate!
	<ul style="list-style-type: none"> • Activities from Action for Happiness Toolkit • Keep an activity diary. • Keep a sleep diary. • Make posters promoting healthy activities.

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TOPIC:	YEAR:	STRAND:

Q1	Start of Unit	End of Unit	Q3	Start of Unit	End of Unit
Q2	Start of Unit	End of Unit	Q4	Start of Unit	End of Unit

