Year 3: Healthy Me

Subject Specific Vocabulary	
oxygen	Every time you take a breath, you are breathing in oxygen, and you need oxygen to live.
calories	A measurement of the energy content of food
fitness	Being physically fit and healthy.
drugs	Change the way our bodies work
safe	Protected from or not exposed to danger or risk
anxious	Feeling worried or nervous
strategy	A plan of action
risk	The possibility that something bad or unpleasant will happen.

Questions for family learning

How does exercise affect your body?



What drugs do you know about?
How do you feel about drugs?
Tell me about some things / places / people that you think might be dangerous. How can you keep yourself safe from these?
Can we talk about how we keep each other safe in our family?

If you are worried about anything please speak to someone. You can speak to:



- Someone at home
- Your teacher at school
- Mrs Macartney our safeguarding teacher
- Put a note in one of the worry boxes in school
- If you don't feel you can speak to anyone here you can also phone Childline on 0800 1111

Sticky Knowledge

To know that the amount of calories, sugar and fat I put in my body can affect my health

Know that there are different types of drugs. Medicine and drugs that keep people healthy and drugs that aren't good for you.

In case of emergency call 999 (Ambulance/police/fire station/ lifeboat)



I can look after my body if I:

- Choose healthy foods
- Be active
- Tell someone if you feel unwell
- Stay safe