



Topic: PSHE

Term: Spring 2



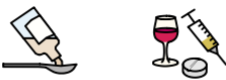

Year: Unit 3

Duration: 6 weeks

## The Powerful Knowledge we will take away from this PSHE Puzzle:

 <b>Knowledge</b>	 Social and Emotional Skills
<p>I will...</p> <ul style="list-style-type: none"> <li>Know how exercise affects their bodies</li> <li>Know that the amount of calories, fat and sugar that they put into their bodies will affect their health</li> <li>Know that there are different types of drugs</li> <li>Know that there are things, places and people that can be dangerous</li> <li>Know when something feels safe or unsafe</li> <li>Know why their hearts and lungs are such important organs</li> <li>Know a range of strategies to keep themselves safe</li> <li>Know that their bodies are complex and need taking care of.</li> </ul>	<p>I will ...</p> <ul style="list-style-type: none"> <li>Respect their own bodies and appreciate what they do</li> <li>Can take responsibility for keeping themselves and others safe</li> <li>Identify how they feel about drugs</li> <li>Can express how being anxious or scared feels</li> <li>Able to set themselves a fitness challenge</li> <li>Recognise what it feels like to make a healthy choice</li> </ul>

**What I already know:** The difference between healthy and unhealthy lifestyle choices and how these influence our development. The importance of personal hygiene, how medicines can help us and how household products and medicine can be harmful if not used properly. How to cross the road safely, recognise environmental risks and how to ask for help when feeling frightened.

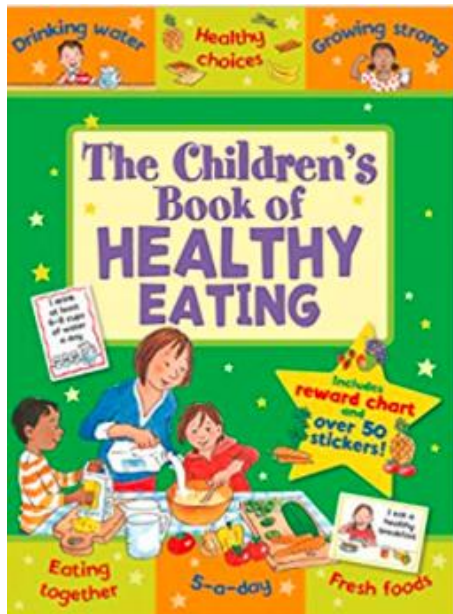
Our Key Vocabulary	Meaning
<b>Calories/Kilojoules</b> 	<p>Food stores <b>energy</b>. Eating transfers the stored energy from the food to the animal that eats it. The energy keeps the animal alive, and allows it to carry out its activities.</p> <p><b>Calories/Kilojoules</b> show the amount of energy in foods, so foods with higher number of calories/kilojoules have more energy.</p>
<b>Food Groups</b> 	<p><b>Protein</b> a nutrient found in food (such as meat, milk, eggs, and beans) that is made up of many amino acids, and is essential for normal cell function and structure.</p> <p><b>Carbohydrates</b> are starchy foods like bread, pasta, and rice or are sugary like candy, cookies, and cake. They store energy that the body can use.</p> <p>The body uses <b>fats</b> as a fuel source and is the major storage form of energy in the body.</p> <p><b>Saturated fats</b> tend to be processed, greasy or waxy fats. <b>Unsaturated fats</b> are natural fats found in plants and fish. These fats are good for the health of your heart and brain function.</p> <p><b>Sugar</b> a sweet substance usually in the form of white or brown crystals or white powder that comes from plants and is used to make foods sweeter.</p>
 <b>Medicine</b> <b>Drugs</b>	<p><b>Medicine</b> is something (as a pill or liquid) used to prevent, cure, or relieve a disease.</p> <p>A <b>drug</b> is a substance that changes the way a person's body works. Medical drugs can ease the symptoms of illnesses and fight diseases. Some people also use certain kinds of drugs for nonmedical purposes.</p>
 <b>Emergency Services</b>	<p><b>Emergency Services</b> are the public organizations whose job is to take quick action to deal with emergencies when they occur, especially the fire brigade, the police, and the ambulance service.</p>



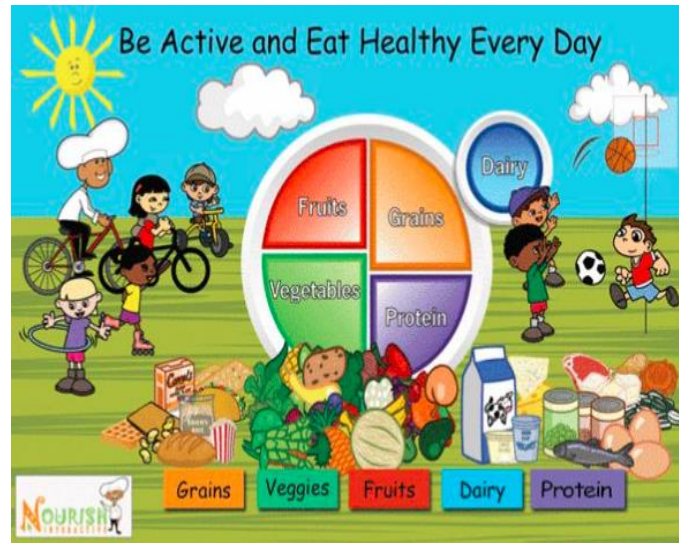
### Family Talk Time Learning:

- How does exercise affect your body?
- What do your heart and lungs do?
- 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 you tell me about a time when you felt unsafe?
- How do we keep each other safe in our family?

### Texts that Teach:

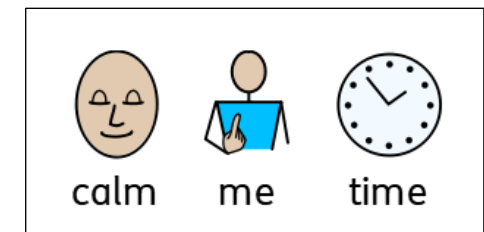


### Personal reflections: Ask and tell yourself...



What healthy choices have you made today?

### Mindfulness Activities to try:



TAKING A FEW DEEP BREATHS THROUGHOUT THE DAY HELPS YOU ABSORB MORE OXYGEN, AND MORE OXYGEN MEANS GREAT CHANGES IN BOTH YOUR PHYSICAL AND MENTAL STATE. PRACTICING GOOD BREATHING IS A GOOD WAY TO ★ INCREASE YOUR ENERGY ★ BE MORE ALERT ★ FOCUS BETTER ★ REDUCE SYMPTOMS OF STRESS ★ IMPROVE BLOOD CIRCULATION SO YOUR BONES AND MUSCLES GET MORE NUTRIENTS ★ HELP TO ACQUIRE A CALM MIND ★