



# P.S.H.E

## Autumn 1 Year 3

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, understanding relationships and preparing them to make the most of life and work.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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### Healthy Lifestyle

*Healthy choices for a better lifestyle*

To know about choices that support a healthy lifestyle, and recognise what might influence these.

To know how to recognise that habits can have both positive and negative effects on a healthy lifestyle.

To know ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)

### British Value:

Democracy

### Key Vocabulary

exercise	responsibility	wellness
habits	diet	heathy diet

### **Pupil Reflection:**

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