

# P.S.H.E

## Spring 2 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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### Self and relationships:

*'What goes into my body?' Harmful and helpful substances / medicines in the home*

To know how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.

To know how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.

To recognise the importance of following instructions carefully and using household products safely.

### British Value:

Individual Liberty

### Key Vocabulary

harmful	substances	medicine
safety	health	instructions

### **Pupil Reflection:**

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