



P.S.H.E

Summer 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>
-------------------------------	--------------------------	---------------------------	---------------------	----------------------------

Healthy Lifestyles

Hygiene and looking after our bodies

To know how to maintain good oral hygiene (including correct brushing and flossing)

To know strategies for maintaining personal hygiene, including oral health, and prevention of infection.

To know the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies)

British Value:

Mutual Respect and Tolerance of Difference

Key Vocabulary

teeth	oral health	hygiene
dentist	decay	diet

Pupil Reflection:
