



Year 3 Summer Term PSHE Knowledge Organiser
Empowerment – Health and Wellbeing
Physical Health and Mental Wellbeing / Growing and
Changing / Keeping Safe



Prior Learning:

Year 2: Empowerment, health and wellbeing. Sleep is important, medicines and keeping healthy, keeping teeth healthy, growing up, moving class, managing feelings, risk and safety at home, emergencies.

Key Enquiry Questions:

What are healthy choices and habits?

Choices that make us happier and healthier.

How can I deal with setbacks?

By accepting what has happened and moving forward.

How do I keep safe in my local area and unfamiliar places?

So, we protect our feelings and are able to take care of ourselves.

How can I look after my wellbeing?

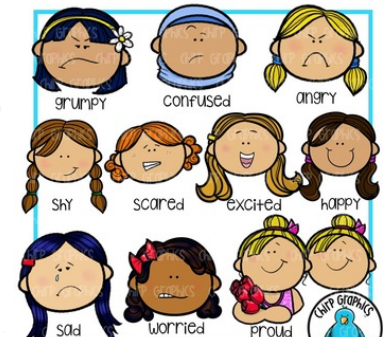
By looking after our minds and bodies.

Healthy Choices



Key Vocabulary

Expressing Feelings



Reframing Setbacks



Risks and Hazards

HAZARD vs RISK



Safety



Definitions:

Healthy choices: Making good choices in our diets can make us feel better.

Expressing feelings: It is important to share our thoughts and feelings with friends and family.

Reframing setbacks: Making mistakes is okay, we must learn how to move forward from them.

Risks and hazards: Hazards are the potential to cause harm, risks are how likely it is for there to be harm.

Safety: Looking after ourselves and others at home, in school and in our local environment.