



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE/SUBJECT: PSHE – Healthy Lifestyles and Feelings and Families

YEAR GROUP: 3

TERM Spring

Vocabulary	Skills	What we already know
<p>Food groups, healthy eating, diet sleep, exercise, outdoors, mental well-being daily routine happiness mental health self-care emotions / feelings changes bereavement divorce / separate security / stability respect consent</p>	<ul style="list-style-type: none"> • To recognise how to choose a healthy diet • To understand the benefits of a varied diet • How to make healthy lifestyle choices regarding sleep and exercise • To know how to increase daily exercise • To understand strategies to help improve mental health • To understand the relationship between exercise and improving mental health • To recognise different emotions in myself and how they feel. • Understand different changes that may take place in our lives and families • Recognise the different feelings these changes may give us. • To understand how technology can be a distraction from other things. 	<ul style="list-style-type: none"> • Food groups – Science • Healthy Snacks • Food allergies e.g. nuts • Mindfulness activities (e.g. colouring) can be calming • The effects of too much of different food groups on our bodies. • Regular exercise is good for our bodies. • Our bodies need sleep for our minds and bodies to rest and recover. • All families are different.
<p>Application/ Outcomes</p> <ul style="list-style-type: none"> • Discuss improvements to our mental wellbeing • Talk about how to increase the amount of time we spend active each day • Take part in different mindfulness activities to calm me. • Discuss emotion vocabulary • Plan how to deal with change • Learn about different family units 		<p>Concepts</p> <ul style="list-style-type: none"> • Physical health – exercise and diet • Mental health – sleep, feelings and emotions • Well-being
<p>Other/Cross Curricular Links with English/Maths/Adaptation for SEND Science – understanding different food groups and how to eat a healthy diet. PE – the effects of exercise on our body and mind. Maths – measurement of time. Computing – online safety Adaptations – word-banks, image-mats, pastoral support, mixed ability pairings, varying outcomes</p>		