



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

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

YEAR GROUP: 3

TERM Spring

<p>Vocabulary</p> <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>	<p>Skills</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. 	<p>What we already know</p> <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>Illustration</p>	<p>Application/ Outcomes</p> <ul style="list-style-type: none"> Design a healthy meal Discuss improvements to our sleep, exercise, mental wellbeing and healthy eating. 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

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