



Coleman Primary School

Year 3 Summer 2 Knowledge Organiser

PSHCE—Healthy Lifestyles

Key Vocabulary: Healthy Lifestyles	
Strength: to have strong muscles and bones	Carbohydrates : a substance found in foods that gives us energy
Stamina: be able to exercise for a long time	Protein: a substance found in foods that repairs and grows muscles
Flexibility: the ability of the joints and body to be able to move and bend freely	Calcium: a substance found in dairy foods that builds strong teeth and bones

Healthy lifestyles

To be healthy, people need to lead a healthy lifestyle. They need to achieve a good balance between eating healthily and doing regular physical exercise. Some people make unhealthy choices and it is important to understand why they do so.



PSHE Skill Progression.

In Year 2 you learnt about.....Yourself and relationships; Changing friendships; Changing habits; Transitions within school; Changing habits; Losing things.

In Year 3 you will learn about...'Eatwell' guide; Basic food hygiene; Active lifestyles; Mental wellbeing; Sleep; influences on lifestyle choices; dental care; Leisure activities.

Different forms of exercise



Walking



Cycling



Dancing

Balanced diet

It is important to eat a balanced diet. Eat foods in the right proportions as shown in the 'Eatwell' plate. It is important to eat more fruit and vegetables, carbohydrates and proteins and less fats and sugars. Fats and sugars should be seen as treats and not staples otherwise they can lead to poor health like obesity and diabetes in later life.



Dental hygiene

It is important to brush teeth twice a day and limit sugary snacks. Visiting the dentist regularly is also important to detect any underlying problems with the teeth or gums.

