



Year 3 - Spring 1 - PSHE Knowledge Organiser

What I already know...

- How to keep fit by exercising..
- What a balanced diet is.
- The importance of sleep and rest.
- How to relax and take time out for myself.
- What makes me feel happy.

Key Vocabulary

physical	Relating to the body as opposed to the mind.
mental	Relating to the mind.
wellbeing	The state of being comfortable, healthy, or happy.
balanced	Having different elements in the correct proportions.
lifestyle	The way in which a person lives.
healthy	In a good physical or mental condition; in good health.

What I will learn...

- To know what health means—physical and mental.
- To know what makes a balanced and healthy lifestyle.
- To know the benefits of good mental and physical health.
- To know factors which might affect making healthy choices.
- To know about the benefits of the internet.
- To know how to manage time effectively to ensure a balance.
- To know which behaviours and strategies contribute to good mental health and wellbeing.

Making a difference at home

Discuss with your family what a healthy lifestyle means. What is physical and mental health ? Do you have a balanced schedule at home? What do you enjoy doing? What changes could you make?



Making a difference at The Merton

Health and Wellbeing; healthy lifestyles (physical wellbeing) and mental health

This is our driving theme for this term. All of the subjects and topics we learn about this term will be linked to this theme giving it the importance and relevance it deserves. Children will be encouraged to think about mental health and physical wellbeing and what that means in this modern world..

They will explore ways to keep physically and mentally healthy, and safely share experiences. They will explore the potential barriers and how to overcome these with sensible, thoughtful choices. They will learn about the importance of balancing their time with a broad range of activities which can be tailored to suit each individual's needs.