



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

# PSHE: Healthy Me

## Year 3

### Key Vocabulary



Energy	What your body needs to function.	
Calories	This is a measurement of how much energy your body gets from different foods	
Saturated fat	Fats which are bad for your heart if you have too much	
Fitness	Exercise you do to keep your body healthy	
Harmful	Something which is dangerous to your health	
Drugs	Chemicals that change the way your body works	
Attitude	A way you feel or think about something	
Complex	Complicated	
Appreciate	Being grateful	

### Key Topics



I can set myself a fitness challenge		
Calories, fat and sugar affects my body		
I can talk about drugs and say how I feel		
I know that some places, people and things aren't safe		
I know the difference between safe and unsafe		
I can take care of my body		

### How to be Healthy



	Sporting activities	
	Cleaning	
	Gardening	
	Balanced diet	
	Drugs	
	Medicine	

Being fit and healthy

Exercising

What do I know about drugs?

Being safe, keeping safe

Safe or unsafe

My amazing body

