

# Year 3 Knowledge Organiser PSHE: Healthy Me

## Key Vocabulary

calories	oxygen	fitness
saturated fat	sugar	fat
advice	anxious	drugs

## Knowledge

- I know how exercise affects my body
- I know why my heart and lungs are such important organs
- I know that the amount of calories, fat and sugar that I put into MY body will affect my health
- I know that there are different types of drugs
- I know that there are things, places and people that can be dangerous
- I know a range of strategies to keep myself safe
- I Know when something feels safe or unsafe
- I know that my body is complex and needs taking care of

## Social and Emotional skills

- I am able to set myself a fitness challenge
- I recognise what it feels like to make a healthy choice
- I identify how I feel about drugs
- I can express how being anxious or scared feels
- I can take responsibility for keeping myself and others safe
- I respect my own body and appreciate what it does



Children need to be active for  
at least one hour every day

