

## Year 3 PSHE Task – Week 12

### LI: To know what it means to be healthy

#### Success Criteria:

I can identify different ways of staying healthy

I understand that I have a responsibility to look after myself and my body

I can discuss my own lifestyle in relation to healthy living



**Task 1:** Watch the video below about staying healthy and answer the following questions.

<https://www.bbc.co.uk/bitesize/clips/zw3jxsg>

1. Why is being healthy so important?
2. Write down 5 ways that this video tells you how to keep your body healthy.
3. What are the different ways that germs can spread, and how can we prevent this?
4. What happens to your body when you sleep?
5. Can you think of any other ways to stay healthy?

**Task 2:** Starting on Monday, can you create a healthy living diary for the week?

Write down something healthy that you've done every day, for instance what you've eaten, what exercise you've done or how you've kept your mind healthy!

Watch these videos for some inspiration!

<https://www.youtube.com/watch?v=B7Kop21r3WE>

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/ztsqfcw>

**Challenge:** Can you include a healthy recipe in your diary? This website gives you lots of examples of healthy recipes you can try with your family!

<https://www.phunkyfoods.co.uk/recipes/>