Year 3 PSHE Task – Week 12

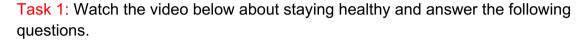
LI: To know what it means to be healthy

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



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/



