

# Leintwardine Endowed CE Primary School Learning Journey Key

'Letting Our Light Shine'





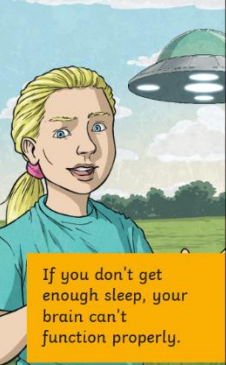


SUBJECT : PSHE

YEAR : A

TERM : Spring 2

YEAR GROUPS : 3/4

Key Question : How can I look after my body?

Question	Vocabulary to Use	Information which will help me	Can I....?
Can I choose what happens to my body?	choice, consent, guidelines, Childline, consequences, independence, decide,	 <p>There are areas of your body that are quite public, like your hands.</p> <p>There are areas of your body that are private, like under your underwear.</p> <p>There are areas that are in the middle, that we sometimes show, like your stomach.</p>	
How can I stay as fit as a fiddle?	decision, problem, healthy, exercise, heart, head, muscles, balanced, diet, heart rate, saturated, protein, hydrated,	 <p>Some of the healthy things we do are good for our bodies, and some of them are good for our minds but they all work together to keep our minds and bodies healthy and happy.</p>	<ul style="list-style-type: none"> <li>• understand the importance of sleep, exercise and healthy eating.</li> <li>• discuss what happens to muscles when we exercise them.</li> </ul>
Why is sleep important?	hormones, vitamins, minerals, sleep, eat, drink, sleep, sleep deprivation, sleep hygiene, disorientated, routine, bedtime, hallucinating,	 <p><b>Drug</b>      <b>Not a Drug</b></p>	<ul style="list-style-type: none"> <li>• understand they can choose what happens to my body and know when a 'secret' should be shared.</li> <li>• explain that too much sugar is bad for health.</li> </ul>
How can I stay healthy?	paranoid, relax, body, mind, drugs, legal, illegal, tobacco, nicotine, alcohol, caffeine, restricted, addiction, habit,	 <p>If you don't get enough sleep, your brain can't function properly.</p>	<ul style="list-style-type: none"> <li>• know the difference between medicine and harmful drugs and chemicals.</li> </ul>
Drugs: Healing or Harmful?	cigarettes, e-cigarettes, vaping, medicines, prescription, healing, harmful, health, risk, antibiotics, immune,	 <p>You can survive without food for longer than you can survive without sleep.</p>	<ul style="list-style-type: none"> <li>• explain how germs travel and spread disease.</li> </ul>
What choices do I have?	emergency, syringe, pills, tablets	 <p>Seven - and eight-year-olds should get ten and a quarter to ten and a half hours' sleep each night. Nine-year-olds should get about ten hours' sleep each night.</p>	<ul style="list-style-type: none"> <li>• identify ways to protect myself from ill health.</li> </ul>