

# Year 3 Summer 2 PSHE What helps me choose



# PSHE

## Powerful knowledge/skills for this unit:

Pupils learn about

### **making healthy choices about food and drinks**

- can use the Eatwell guide to help make informed choices about what they eat and drink
- can describe situations when they have to make choices about their food and drink
- understand who and what influences their choices about food and drinks

### **How branding can affect what foods people choose to buy**

- can explain why people are attracted to different brands
- are able to compare similar products according to packaging, taste, cost and explain which they think is the best 'value for money'
- understand how this can affect what food people buy

### **keeping active and some of the challenges of this**

- are able to identify a range physical activities that help the body
- are able to evaluate the levels of physical activity in different pastimes
- can explain what choices they have about how to spend their free time

### **What should I already know:**

How to eat well, how to be healthy and about basic hygiene routines.

## **Big Question:**

**Can you explain what helps you choose healthy choices?**

### **The end point:**

To explain how to have a healthy life style, including eating and staying active.

**Key vocabulary:** Eat well Guide, influences, brands, packaging, taste, cost, value Role model, Qualities, Teased Feelings, Diverse, Judge Beautiful, Admire, Influence Positive, Food, Choices, Active Healthy

**Zones of regulation**



### **Mindmate Monday lesson**



**Year 3 Summer 2** Dealing with difficult situations

Lesson focus: I can work with different people in my class

### **Pupils should have the opportunity to...**

understand that people often need to play / work together to reach a shared outcome even when they disagree begin to understand empathy & why people can be different (in behaviour & image)