

Year 3 Autumn 1 Project overview – Healthy Me!

Big Idea: What does it mean to be healthy?

In this journey, children will explore the different ways we stay healthy. They will be looking into a healthy body (fitness), healthy mind, a calm mind and healthy body (food).

HOOK: Children will be invited to a Wellness Spa day in which they will explore different ways in which they could keep their body healthy.

OUTCOME: The children will be able to teach their buddies how to have a healthy lifestyle and be able to share their smoothie with their buddies.

Applied Literacy:

Letters - The children will be writing a letter to their Year 6 buddies all about their Healthy Me project.

Instructions - How to care for and use our new environment.
Applied Evaluations - Evaluating the different skills learnt within Healthy Me, such as mindfulness strategies and which hold is the best for cutting fruit.

Instructions - The children will create instructions on how to create their smoothies.

Applied Mathematics:

Measurement - Measuring and counting the ingredients needed for their smoothie and the healthy buffet.

Pupil Premium Curriculum Enhancement:

We aim to provide an external chef to talk about healthy food.

PSHE: Key Concept: Personal feelings

Children will use the text "The Boy with Big Big Feelings" by Britney Winn Lee to explore Zones of Regulations, how emotions might be shown and strategies to support them in returning to the green zone.

Science: Key Concept: Nutrition and Teeth

Children will explore the benefits of a balanced diet and understand that each food group has different uses within our bodies. These help maintain a healthy body. They will investigate the effects popular drinks on the tooth's structure and reflect on how we can keep our mouths healthy.

Design and Technology: Key Concept: Balanced Diet

Children will use the science knowledge to support the designing of a healthy drink that will provide them with vitamins that support a healthy body and mind.

PE: Key Concept: Physical Health

Throughout the project, children will learn the mental and physical benefits of physical activity. They will also develop their strength and stamina by aspiring to improve their scores on a range of circuit activities.

SMSC and Learning Values:

To care - looking after me - healthy minds and bodies

To reflect - to make choices about life.

Community links/ Enterprise/ Experiences:

Expert to model and share activities that can support physical and mental health.

What I already know...

-the importance of sleep (YR 1)

-the difference between relaxed and stressed (YR 2)

-that exercise keeps me healthy (YR 1)

Healthy Me!

Big Idea:

What does it mean to be healthy?



In this PSHE project, we learn about **our bodies** and **mind** and how important it is to keep them **healthy**.

I will learn...

- strategies that I can use to support my mind and body to be healthy
- what sleep does to do the body and mind
- how to look after my body with the right nutrition
- how to improve my fitness

Key Vocabulary:

nutrition

wellbeing

mindfulness

sleep

fitness

Our Personal Skills:

