



## Knowledge Organiser

**Year: 3 Subject: RSHE Block 3 Keeping Healthy**

**Units: Physical Health and Fitness; Mental Wellbeing; Health and Prevention;  
Drugs, Alcohol and Tobacco**

### Overview:

During this sequence of learning, pupils will identify an enjoyable form of physical activity, understanding why it is important to be physically active. They will identify their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem and happiness. They will understand the danger of overexposure to the sun. They will look at how perceptions around risk taking behaviours, including drugs and alcohol, can add pressure to do something that they are uncomfortable to do.

### What should I already know?

- I know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.
- I have a right to be protected from illness and a responsibility to protect others.
- It is important to set personal goals and give myself something to work hard towards, both in the short term and in the future.
- Bullying can affect how I feel about myself, both at the time and in the future. It can affect my self-esteem, make me feel sad, upset and worried.

### What will I know by the end of the unit?

- Sports and active hobbies are a great way to get moving, which is really important for my physical health, and can help improve my confidence and self-esteem. I should aim for 60 minutes physical activity every day.
- This could be a sport I already enjoy or I could have fun trying a new active hobby such as martial arts, swimming, skateboarding or yoga. After I have been physically active I can feel happier, more enthusiastic and sleep better at night.
- It is important to be kind to myself, and think about the things I am good at as well as the parts of my personality I am proud of. I should not feel awkward when being given a compliment, it should make me feel good, raise my self-esteem and I should thank the other person.
- Everybody has different strengths; if we were all good at the same things it would not be possible to function as a society. For example, if everyone was a great artist, who would be the doctors or nurses?
- Self-esteem is the way we feel about ourselves; some people have high and others low self-esteem and this can affect the way we think and behave. It is natural to experience a range of feelings about myself which can change over time. If I have low self-esteem I can use positive self-talk, focusing on the things I am good at, to make me feel happier.
- When I go outside on sunny days, or even cloudy days in the summer, the sun's invisible rays can quickly damage and burn my skin. It is important I follow the 5 S's of sun safety to make sure I never burn: **S**lip on a t-shirt, **S**lop on sunscreen, **S**lap on a hat, **S**lide on sunglasses and **S**hade from the sun when possible.
- Some drugs can be prescribed by a doctor for a particular illness and are legal, for example antibiotics when you have a sore throat. However when people talk about drugs they usually mean those that are illegal or unsafe. There are lots of reasons why people take drugs; they might do it because their friends are doing it or to look popular; they might take them to forget about feeling sad or like the thought of doing something dangerous; they might be pressured or forced to take them by others.
- Drinking alcohol and getting drunk affects the way you think and feel. Some people drink alcohol to try to cope with worries but it is dangerous and can damage your body.
- Smoking tobacco is really bad for your health; it can cause serious problems such as cancer. Tobacco is addictive so once you start it can be very difficult to stop.

## Vocabulary:

Physical activity	Any movement you do that requires energy.
Exercise	Planned, intended, repetitive movement intended to make you feel physically fitter.
Aspiration	Something you hope to achieve.
Compliment	A comment which praises or shows admiration for someone.
Happiness	The feeling of being pleased or happy.
Self-esteem	Belief and confidence in your own ability and value.
Self-talk	Telling yourself positive thoughts and focusing on things you are good at.
Sunshine	The light and heat that comes from the sun.
UV	Ultraviolet invisible rays that come from the sun which can burn your skin and cause skin cancer.
Protection	Keeping something safe from injury, damage or loss.
Drugs	A chemical, often used illegally to make you feel different or because you can't stop taking it.
Smoking	Action of smoking a cigarette containing tobacco.
Alcohol	A liquid such a beer, wine or spirit which can make you drunk.
Illegal	Against the law.
Peer pressure	Strong influence by a group for all members to behave as everyone else does.