



## Knowledge Organiser

PSHE—Health & Wellbeing

Year 3/4

Theme: Cause and Effect

Spring Term B 2023

### Prior core knowledge

How do you maintain personal hygiene? **Wash daily, brush teeth twice a day and wash hands regularly.**

Why do you need to exercise? **To keep fit and stay healthy, mentally and physically.**

Why do you need to rest? **To repair your body and mind.**

What do you need to eat to stay healthy? **A range of foods. Make sure you eat at least 5 fruit or vegetables per day.**

Who is in your family?

Who can you go to if you are worried? **A trusted adult, either in or outside of school.**

How do people show their feelings? **People show their feelings by the things that they do, the way that they act or the by the things that they say.**



### Core knowledge for this unit

What can we do to keep healthy and have a balanced lifestyle? **Eat a balanced diet, exercise regularly and sleep for 9-12 hours per night.**

What happens to your body during exercise? **Your heart rate will increase, you will become out of breath and perspire.**

How long should I exercise for? **60 minutes, or more, per day.**

What are healthy lifestyle choices? **Sleeping the recommended amount of hours, drinking water or milk, eating a balanced diet, good hygiene and exercising regularly.**

Why is sleep important? **It improves concentration, mood and general health.**

How much sleep should I get? Why? **It is important for children to get 9-12 hours per night, to maintain good health. Lack of sleep can affect your weight, mood and ability to learn.**

What is a family unit? **A family unit provides care, support and love and comes in many shapes and sizes—nuclear family, single parent family, blended family.**

What is an emotional reaction? **Something we do, feel or think in response to an action.**

### Vocabulary

<b>Mental</b>	Relating to the mind.
<b>Physical</b>	Relating to the body.
<b>Emotional</b>	Relating to a person's emotions.
<b>Lifestyle</b>	The way in which a person lives.
<b>Reaction</b>	Something done, felt, or thought in response to a situation or event.
<b>Active</b>	Involving physical effort to move your muscles and body.
<b>Inactive</b>	Not engaging in, or involving, any or much, physical activity.
<b>Family unit</b>	A group of people that provide care, support and love. Family units come in many shapes and sizes.