

Good morning Year 3, I hope you are all feeling okay today. For our PSHE task last week, we explored our feelings and deepened our understanding of good and not so good feelings. You made some excellent posters to encourage others if they were feeling sad.

Today's focus:



We are going to explore how we can keep our bodies healthy and safe. There are many factors that contribute to a healthy lifestyle. Some of the choices we make may impact on our health and well-being.



Task 1

Before we read some information about how we can keep our bodies healthy and stay safe I would like you to complete the first task.

Draw a line down the middle of your page (in your homework book).On one side draw a picture of what you think a healthy person looks like. Add some words and phrases to describe things the person might do to stay healthy.

Next, on the other side of your page, draw a person who is not so healthy. Again, add words and phrases to describe things the person might or might not do.



Task 2

Watch the video below which tells us how we can keep our bodies helathy and safe.

https://www.youtube.com/watch?v=UxnEuj1c0sw

Task 3 (Extension)

<u>Healthy Goals</u>

Use the sentence templates below to think of your own healthy goals you would like to make.

- -I know that I am keeping myself healthy when I...
- I know I need to do... more often.

- I know I need to do...less often.

You can post your goals on the blog or you may like to make a poster for yourself to help remind you of your goals!

Good luck, I look forward to seeing all of your work to show your understanding of keeping your bodies healthy and safe!