

# What I need to know: Y3 PSHE – Summer 1 Being my best

*We nurture the curiosity to learn, the courage to lead and the compassion to care.*

Name:

Class:

For the next 5 weeks we are thinking about how we can be our best selves.

What I will know...	✓	Start	End
Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain)		<input type="radio"/>	<input type="radio"/>
Describe how food, water and air get into the body and blood		<input type="radio"/>	<input type="radio"/>
Demonstrate their understanding of health and wellbeing issues that are relevant to them, reasoning their views		<input type="radio"/>	<input type="radio"/>
Identify their achievements and skills, and areas of development		<input type="radio"/>	<input type="radio"/>
Explain what talents and skills are and how they might be developed		<input type="radio"/>	<input type="radio"/>

Skills I may use...	
<b>Remember:</b> name, identify, describe	<b>Analyse:</b> investigate, infer, select, clarify
<b>Understand:</b> predict, recall, interpret	<b>Create:</b> plan, design, construct
<b>Apply:</b> use, show, relate, demonstrate	<b>Evaluate:</b> compare, assess, judge

Vocabulary I need to know...		
1. I have heard the word, but I don't know what it means	2. I understand what the word means	3. I can explain what the word means and give other examples
heart, blood, lungs, stomach, small and large intestines, liver, brain, internal organs, function, protect, absorb, pump, blood, oxygen, food, nutrients, nutrition, debate, reasoning, point of view, achievement, talent, skill, aspirations, confidence, improve, practice, ambition, self-esteem, growth mindset, ability, aptitude, progress.		

Opportunities to support
<ul style="list-style-type: none"> <li>Develop skills in discussion and debating an issue</li> <li>Skimming and scanning text for information – 'The U Factor' story</li> </ul>

Curriculum Links and Enrichment Activities
<ul style="list-style-type: none"> <li>Children encouraged to share their talents with their class.</li> <li>Recap opportunity for Science topic completed 'animals including humans'</li> </ul>

**Respect**

**Responsibility**

**Reflection**

**Resilience**