

What I Need to Know: Y3 RSHE – Being my best self

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

Brief summary of topic: Developing an understanding of 'Being my best self.' Building understanding of our physical and mental wellbeing/health and how we can develop ourselves.



Create, Communicate & Evaluate

- Create a Guide to Feeling Good (physical and mental health care).



Question, Reason, Discuss & Explain

- Explain how food, water and air get into the body and blood
- Demonstrate an understanding of health and wellbeing issues that are relevant to them, reasoning their views
- Discuss and explain their achievements and skills, and areas of development
- Explain what talents and skills are and how they might be developed



Know & Do

- Name and know the major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain)

Vocabulary I need to know...

internal, body parts, heart, blood, lungs, stomach, small intestine, large intestine, liver, brain, health, wellbeing, achievement, skills, development, talents, physical

Opportunities to support English and maths

- Skim and scan texts to retrieve information or quotes quickly and accurately
- Summarise main ideas from more than one paragraph
- Make and justify inferences with appropriate evidence from the text
- Provide reasoned justifications for their views, quoting evidence from across a text

Curriculum Links and Enrichment Activities

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