The ASPIRE Curriculum-Key Learning

Title: Healthy Me Year: Year 3 Subject: PSHCE

Key Knowledge	Key Skills	Key Vocabulary	
• Know how exercise affects their bodies	• Able to set themselves a fitness challenge • Recognise what it feels like to make a healthy choice • Identify how they feel about drugs • Can express how being anxious or scared feels • Can take responsibility for keeping themselves and others safe • Resect their own bodies and appreciate what they do		Oxygen
• Know why their hearts and lungs are such important organs			Energy
• Know that the amount of calories, fat and sugar that they put into their bodies will affect their health			Calories / kilojoules
• Know that there are different types of drugs			Heartbeat
• Know that there are things, places and people that can be dangerous			Fitness
• Know a range of strategies to keep themselves safe			Labels
• Know when something feels safe or unsafe			Fat
• Know that their bodies are complex and need taking care of			Sugar
			Drugs
			Attitude
			Safe
			Strategy
			Harmful
			Risk