



Being my Best

Year 3



Key questions

To help our thinking skills and focus on key knowledge in this unit.

Keeping Myself Healthy

- Am I responsible for keeping myself healthy?
- What can I do myself to keep healthy?
- How do I feel when I do things to stay healthy?

Celebrating and Developing My Skills

- What skills or talents do I have?
- How can a talent or skill be developed?
- Does goal-setting help improve skills and talents? How? What would I like to achieve when I am older?
- How do I achieve my goals?



The Protected Characteristics



Vocabulary:

Achieve: To do something successfully.

Goal-setting: Choosing something we can work towards

Talents: Natural skills or ability.

Improve: To get better/ make better.

Practise: To do or play something regularly or repeatedly in order to become skilled at it.

Skills: The power or ability to perform a task well, especially because of training or practice.

Healthy: To be strong and well.

Exercise: Physical activity that helps our bodies and minds to stay healthy.

Energy: the power or ability to make something work or be active.

Medicine: A drug or other remedy to treat, help or prevent illness.

Bones: the hard tissue that forms the skeleton of a person or animal.

Muscle: tissue in the body of animals and humans that moves parts of the body.

Balanced diet: A diet that contains a variety of foods, in the right amounts.

Carbohydrates: Are found mainly in plants. Foods, such as breads, potatoes, and grains contain high amounts of carbohydrates. The human body uses carbohydrates as a ready source of energy.

Dairy: Foods that are made from milk, such as cream, butter, and cheese.

Protein: A substance found in food such as meat, cheese, fish, or eggs, that is needed for the body to grow and be strong

Water: A clear liquid, without colour or taste, that is necessary for animal and plant life.

Vegetables: a plant or part of a plant, such as carrots, beans, or lettuce, that is used for food.

Fruit: the part of a plant that has seeds and flesh, such as apple or strawberry.

I can

- I can give a few examples of things that I can take responsibility for in relation to my healthy and give an example of something that I've done which shows this. I
- can explain and give an example of a skill or talent that I've developed and the goal-setting that I've already done (or plan to do) in order to improve it.