

Year Group

Subject

Theme

Year 3/4

PSHE

Health and wellbeing



**Hurst Hill Primary School**  
Learning Together

During Summer Term,  
we will be focusing on:

**Mental wellbeing**

**Internet safety and harms**

**Physical health and fitness**

**Healthy eating**

**Health and prevention**

**Basic first aid.**

Key vocabulary:

Hygiene- conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

Aspiration- a hope or ambition of achieving something.

Grief- intense sorrow, especially caused by someone's death.

Well-being- the state of being comfortable, healthy, or happy.

Emotions- a strong feeling deriving from one's circumstances, mood, or relationships with others.

Responsibilities- the state or fact of having a duty to deal with something or of having control over someone.

What I should already know:

**Mental wellbeing:** that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness). How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

**Internet safety and harms:** that for most people the internet is an integral part of life and has many benefits. Where and how to report concerns and get support with issues online.

**Physical health and fitness:** the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.

**Healthy eating:** what constitutes a healthy diet.

**Health and prevention:** the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

**Basic first aid:** how to make a clear and efficient call to emergency services if necessary.

By the End Of The Unit Children will know

**Mental wellbeing:** that mental wellbeing is a normal part of daily life, in the same way as physical health. The benefits of physical exercise, time outdoors, community participation on Mental wellbeing and happiness. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.

**Internet safety and harms:** how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.

**Physical health and fitness:** the risks associated with an inactive lifestyle (including obesity).

**Healthy eating:** the principles of planning and preparing a range of healthy meals.

**Health and prevention:** how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

**Basic first aid:** concepts of basic first-aid, for example dealing with common injuries, including head injuries.

Key skills

Listen carefully to a range of ideas and suggestions

Contribute to class discussions

Participate in small group activities

Uphold our school values during PSHE lessons



Our assemblies:

Monday- Whole school assembly to launch our weekly theme.

Tuesday- Visitor assembly linked to one of our school values.

Wednesday- Class assembly

Thursday- Singing assembly

Friday- Celebration assembly