



Jerry Clay Academy
Subject Knowledge Organiser

Subject: PHSE Year Group: 3 Term: Autumn term 2

Core Learning of This Unit:

- A balanced diet
- Bacteria and viruses
- How to stay healthy and safe
- About the people who can help us stay healthy and safe.

**Prior Learning:
Year 2 PHSE**

- What constitutes and how to maintain a healthy lifestyle including benefits of physical activity, rest, healthy eating and dental health.
- What positively and negatively affects their physical, mental and emotional health.
- About the 'special people' that work in their community and who are responsible for looking after them and protecting them.
- To recognise and celebrate their own strengths and set simple challenging goals.

**National Curriculum
Statements:**

- To recognise opportunities and develop skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet.
- That bacteria and viruses can affect health and that following simple routines can reduce their spread.
- School rules about health and safety, basic emergency aid procedures, where and how to get help.
- About people who are responsible for helping them stay healthy and safe; how they can get these people to help them keep healthy and safe.

Key Vocabulary:

Significant People

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