



RSHE - Y3



05.01.2022 - 11.02.2022

Unit title	Description of Unit	Key Vocabulary
M1) How do I manage my feelings?	Understand the range and depth of our feelings that we all experience. Learn strategies to deal with these feelings and know when to seek support. Understand that we have responsibility for some things but cannot control everything.	Responsibility Grief Anger Blame Happiness Guilt Nervousness Ashamed Fear Regret Surprise Apologise Sadness Stress
P1) How do I keep my body healthy?	Understand the reasons why active lifestyles and healthy diets can have a positive effect on our lives. Appreciate that they need to balance choices that are 'good for them' and choices that bring joy. Know how to make informed choices about the activities they do and the things they eat. Getting enough sleep (what might stop you from getting the right amount?).	Active Sugar Healthy Fat Exercise Protein Food Vitamins Nutrition Balance Diet