



# YEAR 3 AUTUMN 1

## HEALTH AND

### WELL-BEING

#### Skills and Knowledge

##### Healthy lifestyles

To understand what makes up a balanced diet.

To know the opportunities, they have to make their own choices about food and what influences these choices.

To learn what is meant by a habit and how habits can be hard to change.

##### Growing and changing

To reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals

To deepen their understanding of good and not so good feelings and to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.

To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.

#### **Key Vocabulary:**

Balanced diet, choice, habit