



Year 3 Puzzle: Healthy Me

British Values	RSE Links	Objectives
Individual Liberty Mutual Respect	Mental Wellbeing Physical Health and Fitness	<p>Have made a healthy choice: Being Fit and Healthy.</p> <ul style="list-style-type: none"> I understand how exercise affects my body and know why my heart and lungs are such important organs. I can set myself a fitness challenge.
Individual Liberty Mutual Respect	Mental Wellbeing Physical Health and Fitness Health and Prevention	<p>Have eaten a healthy, balanced diet: Being Fit and Healthy.</p> <ul style="list-style-type: none"> I know that the amount of calories, fat and sugar I put into my body will affect my health. I know what it feels like to make a healthy choice.
Rule of Law Individual Liberty Mutual Respect Tolerance	Internet Safety and Harm Physical Health and Fitness Drugs, alcohol and Tabaco	<p>Have been physically active: What Do I Know About Drugs?</p> <ul style="list-style-type: none"> I can tell you my knowledge and attitude towards drugs. I can identify how I feel towards drugs.
Rule of Law Individual Liberty Tolerance	Being Safe Mental Wellbeing Internet Safety and Harm Physical Health and Fitness Basic First Aid	<p>Have tried to keep themselves and others safe: Being Safe.</p> <ul style="list-style-type: none"> Keeping safe identify things, people and places that I need to keep safe from know some strategies for keep-ing myself safe, who to go to for help and how to call emergency services. I can express how being anxious or scared feels.
Rule of Law Individual Liberty	Online Relationships Being Safe Mental Wellbeing Internet Safety and Harm Physical Health and Fitness	<p>Know how to be a good friend and enjoy healthy friendships: Safe or Unsafe.</p> <ul style="list-style-type: none"> I can identify when something feels safe or unsafe. I can take responsibility for keeping myself and others safe.
Individual Liberty Mutual Respect	Respectful Relationships Online Relationships Mental Wellbeing Physical Health and Fitness	<p>Know how to keep calm and deal with difficult situations: My Amazing Body.</p> <ul style="list-style-type: none"> I understand how complex my body is and how important it is to take care of it. I respect my body and appreciate what it does for me.