**Year 3 Summer 2 Health and wellbeing**

Why should we keep active and sleep well?

A blue and white logo

Description automatically generated with low confidence

**Previous Learning:**

**Year 2 Health and Wellbeing**

What helps us grow and stay healthy?

* that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest
* that eating and drinking too much sugar can affect their health,

including dental health

* how to be physically active and how much rest and sleep they

should have everyday

* that there are different ways to learn and play; how to know when to take a break from screen-time
* how sunshine helps bodies to grow and how to keep safe and well in the sun

**Vocabulary**

* Being healthy:
* keeping active,
* taking rest

**Key Knowledge for unit**

**Children will learn:**

* how regular physical activity benefits bodies and feelings
* how to be active on a daily and weekly basis - how to balance time online with other activities
* how to make choices about physical activity, including what and who influences decisions
* how the lack of physical activity can affect health and wellbeing
* how lack of sleep can affect the body and mood and simple routines that support good quality sleep
* how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried