



# Mossfield Primary School Knowledge Organiser



Year 3— **Health and Wellbeing**— This unit teaches children about physical and mental health. It includes food choices, physical activity, balanced lifestyles, drugs and alcohol education, first aid, sleep, dental health and more. It teaches them to keep healthy and safe while equipping them to help others. Through each unit the children also complete lessons from the KIVA (anti-bullying programme) and lessons from the No Outsiders in Our School programme which teaches children about the characteristics protected by the Equality Act.

## Key Learning

To understand the meaning of bystanders in a bullying situation and discuss why few pupils actually help the victim. Understand it's everyone's responsibility to reduce bullying.



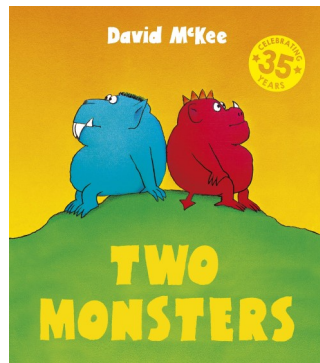
To understand about physical, emotional and online safety. To identify ways to keep safe and to describe people who they can talk to if they feel unsafe.



To be able to identify people who help them to keep safe and to describe the responsibility they have to the people who help them.



To read and discuss the text 'Two Monsters' to help them understand where some problems come from and understand how they could find a solution to a problem.



To understand that a child that is being bullied needs support. Discuss how they could support or help the victim.



# Key Vocabulary

Bullying	One who is repeatedly cruel, insulting, or threatening to others who are weaker, smaller, or in some way vulnerable.
Victim	Someone who is hurt, injured, or killed by a person, group, or event.
Responsibility	Doing the things we are supposed to do, and accepting the positive or negative outcomes of our actions.
Physical	Something that relates to the body as opposed to the mind
Emotional	A mixture of different feelings. Relates to the mind as opposed to the body.
Online	Connected to, directly controlled by, or available through a computer.
Safety	Safety is anything that people do to protect themselves or others from harm.