



# 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 will also complete lessons from the KIVA (an anti-bullying programme).

## Key Learning

To be able to identify school rules about health and safety and to understand where and how to get help if they feel a situation is unsafe.



To be able to explain what bacteria and viruses are and to be able to describe simple routines that can reduce their spread.



To know what a group is and to learn new things about their classmates. To understand how to join a group and how to help others be included in the group.



To recognise their worth by identifying positive things about themselves. To recognise personal strengths and areas for development.



# Key Vocabulary

Health	The condition of being free from illness or disease.
Safety	Safety is anything that people do to protect themselves or others from harmful accidents
Unsafe	Dangerous to oneself or other people; not safe.
Bacteria	Bacteria are single-celled, or unicellular organisms. Bacteria are so small that we need a microscope in order to see them. Bacteria can be found everywhere, including in the air, on our skin, in the ground, in our bodies, and in nature. Bacteria are micro-organisms which need nutrition from their environment.
Virus	Viruses are a type of germ. They're very tiny, and when they get inside your body, they can make you sick. Viruses cause colds, chicken pox, measles, flu, and many other diseases.
Positive	A good or useful feature or quality.
Personal strengths	Personal strengths are positive personality traits like kindness, curiosity, creativity, resiliency, thoughtfulness, and empathy.
Develop	To improve or bring out the potential of.