



# CRADLEY CE PRIMARY SCHOOL

**Subject: PSHE**

**Class 3**

**Topic: My Body**

## What should I already know?

- The correct names for parts of my body, including genitalia
- What is under my swim wear is private
- That my heart rate increases when I exercise and that exercise helps to keep me healthy
- I should eat a balanced diet to remain healthy
- Medicines can be helpful but also dangerous and I should only take some if given to me by a trusted adult
- I should never take another person's medicine

## Key Vocabulary

Sleep	
Exercise	
Diet	
Cleanliness	
Substances	
Choice	
Consent	
Trusted Adult	
Female Genital	

## Sticky Knowledge

### Important information that you need to know

This unit, entitled It's My Body, explores the choices children can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.

## Objectives

## Useful Websites