



# RSHE: Physical Health

## Year 3: Spring 1

### Key Vocabulary

active	To be busy, taking part in lots of activities.
exercise	Using your body to make it strong and healthy.
nutrition	The food you need to keep you alive and well.
sugar	A sweet food from the juices of various plants.
fat	A natural oily substance occurring in animal bodies, especially when deposited as a layer under the skin or around certain organs.
protein	A substance your body needs to grow and be healthy. It is found in some types of food, e.g. eggs, meat and cheese.
vitamins	A substance your body needs to be healthy. Some vitamins can be found in fruits and vegetables.
balance	When different things are equal or in the correct proportions.

### Website Links

<https://www.nhs.uk/change4life/food-facts>

### Concepts

**Safety** – the condition of being safe; freedom from danger, risk, or injury. This includes physical and emotional safety, as well as online safety.

### Key Questions

- How do I keep my body healthy?
- What happens inside your body when you exercise?
- What would happen if you did no healthy activities?
- Should you exercise all the time?
- Should you only do healthy things?
- Why do we need to sleep?
- What would happen if we didn't get enough sleep?
- How do I eat a healthy diet?