



# Burford School & Nursery

*'Enjoy, Achieve, Succeed Together'*

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Dear Parents & Carers,

The theme of our PSHE unit next half term is 'Healthy Me'. As per our Health, Relationships and Sex Education Policy, we feel it is really important to work in partnership with our parents/carers by providing advanced notice on the teaching of any more sensitive content. This will allow discussions at home to take place (before or after the lesson) whilst also preparing parents/carers for any potential questions that may come home with your child.

In 2019, the Government announced that the delivery of Health and Relationships Education would become a compulsory subject from Summer 2021 with a recommendation for age-appropriate Sex Education in primary schools.

You can find details of the statutory framework here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

You can find Burford School's Relationship and Sex Education policy here:

<https://www.burfordschool.co.uk/policies/>

### Year 3 'Healthy Me' Overview

Lesson Number:	Approximate date of teaching*	Learning Intention:	Vocabulary Taught:
1 . Being Fit and Healthy	w/c 23/2/26	I understand how exercise affects my body and know why my heart and lungs are such important organs.  I know that the amount of calories, fat and sugar I put into my body will affect my health	<i>Oxygen</i> <i>Energy</i> <i>Calories/ Kilojoules</i> <i>Heartbeat</i> <i>Lungs</i> <i>Heart</i>

		I know what it feels like to make a healthy choice.	<i>Fitness</i> <i>Energy</i> <i>Calories</i> <i>Kilojoules</i> <i>Labels</i> <i>Sugar</i> <i>Fat</i> <i>Saturated Fat</i>
2. What do I know about drugs?	w/c 2/3/26	I can tell you my knowledge and attitude towards drugs.  I can identify how I feel towards drugs.	<i>Healthy</i> <i>Drugs</i> <i>Attitude</i>
3. Being Safe	w/c 9/3/26	I can identify things, people and places that I need to keep safe from.  I know some strategies for keeping myself safe, who to go to for help and how to call emergency services.  I can express how being anxious or scared feels.	<i>Safe</i> <i>Anxious</i> <i>Scared</i> <i>Strategy</i> <i>Dangerous</i> <i>Emergency</i> <i>Emergency Services</i>
4. Safe or Unsafe	w/c 16/3/26	I can identify when something feels safe or unsafe.  I can take responsibility for keeping myself and others safe.	<i>Safe</i> <i>Harmful</i> <i>Risk</i> <i>Feelings</i>

\*Please note that whilst dates have been provided, last minute timetable changes are likely to happen. This date will provide parents/carers with an approximate date.

Jigsaw PSHE is the scheme of work we use to deliver our PSHE curriculum and the majority of our resources will come from this scheme. We may make use of some external resources during our sessions.

Should you have any questions or queries, please do not hesitate to make contact with the class teacher.

Thank you for your support.

Many thanks

Year 3