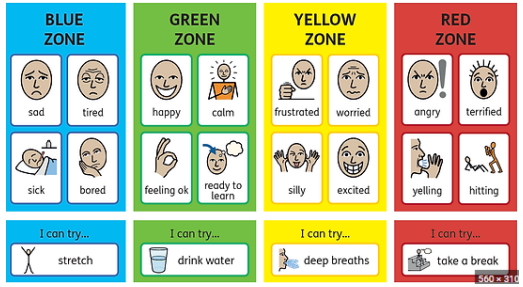
KNOWLEDGE ORGANISER

PSHE	HEALTH AND WELLBEING	YEAR 3/4

Cross curricular links	Key skills	Key Vocabulary/definitions
PE: children learn the importance of moving their body **Science:** learning about the different foods that contribute to a healthy lifestyle	Children will understand: how to keep themselves physically and emotionally healthy that bullying (including cyberbullying) has a negative impact on one's mental wellbeing how and when to seek support in school if they are worried about their health it is normal for people to experience different levels of mental health and how to deal with this	**emotions**: the way we feel **pressure:** the expectation to do something **mental – well-being**: how you are feeling emotionally **cyber bullying:** the act of being unkind to someone via online platforms **risk:** activities that could potentially negatively affect you

Pictures/photos relevant to topic



Useful Information

https://www.childrensmentalhealthweek.org.uk/schools/primary-age-activities/#resources Place2be's website has a range of resources to give you more information about health and wellbeing