

# Keeping/Staying Healthy

TOPICS: Medicine and What I've Learnt - *Suggested for Year 3*

We have chosen to deliver this topic in year(s):

## Year Intent



In Year 3, children broaden their understanding of how to stay healthy by learning about medicines and how they help when used safely.

They explore simple safety rules, including when it is safe to take medicine and who they should accept it from. Pupils continue developing their understanding of healthy and less healthy choices and recognise habits that support wellbeing.

Through discussion and activities, they consolidate their knowledge of routines that help keep their bodies healthy.

## Curriculum Links

### Statutory RSHE Links

Caring friendships; Being safe; Personal safety; Drugs, alcohol, tobacco, and vaping (legal, harmful substances) General wellbeing; Health protection and prevention; Physical health and fitness

## Ask me a question!

**Why do we take medicine?**

**Who should we take medicine from?**

**What else can make you feel better when you are poorly?**

**What is a vaccination?**

## Knowledge & Skills Progression

### Medicine - Pupils should...

- understand and explain simple safety rules about medicine
- explain when it is safe to take medicine and why
- know who it is safe to accept medicine from and why
- recognise and make important healthy choices

### What I've Learnt - Pupils can...

- confidently explain ways to help keep their bodies healthy
- recognise and make healthy choices in everyday situations
- apply simple routines that support good health, such as washing hands and brushing teeth
- clearly explain the difference between healthy and less healthy choices



## I will learn the following new words/phrases:

**I now know...**

<b>Medicine</b>	A drug or other substance used to treat disease, injury, pain, or other symptoms
<b>Allergies</b>	When you have an unusual reaction to something, like dust or certain foods.
<b>Vaccination</b>	A special medicine that helps protect your body from certain diseases.
<b>Antibodies</b>	A protein in blood that reacts to toxic substances by destroying them or making them ineffective.
<b>Research</b>	Studying something carefully to find out more information about it.
<b>Immune System</b>	The system of the body that fights infection and disease.
<b>Doctor</b>	A person who is qualified to treat people who are ill.