Year Three

Healthy and Safer Lifestyles

Managing Safety and Risk

Resource 1 - Stop Decide Do

Stop

Decide

Do

Healthy and Safer Lifestyles • MSR 3/4 Managing Safety and Risk

Resource 2 - Inland Water Risks











Myself and My Relationships

Family and Friends

Resource 1 - Rewrite

A lot of things happen in every day
and sometimes we get in each other's way
arguments blossom, from something quite small
it's hard to recall how it started at all

a lot of things happen in every day
emotions and tiredness can change what we say
and when we look back, we are sorry we chose
the words that we did, when our frustration rose

so all you can do, is let go, start again
apologise if you have upset a friend
and say something kind to rewrite what was drawn
tell them you care and your crossness has gone

a lot of things happen in everyday
but don't let them linger or wander away
the people you know, are your people, you know
apologise, dry your eyes, come on, let's go.

By Donna Ashworth

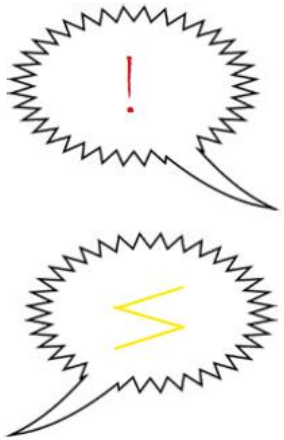
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Myself and My Relationships • FF 3/4 Family and Friends

Resource 2 - Breaking Friends with Sharon

I've broken friends with Sharon
she's broken friends with me.
I told her I don't like her,
she says she doesn't like me.
Sharon's really silly
Sharon never shares,
snatches pens and peanuts
Sharon even swears.

Sharon – we don't play now
Sharon plays with Jo
and I don't go to netball –
- not if Sharon goes.
She told Miss Andrews of me,
she told my sister lies.
I think her new coat's awful
her face,
her smile
and eyes.
I think she's really nasty,
I'd love to see her go,
but one thing's really awkward ...
what if she says –
'Hello'





by Peter Dixon
(from Poems about You and Me)

Healthy and Safer Lifestyles

Healthy Lifestyles

Resource 6 - Strength, Stamina and Flexibility

I am going to improve my body's strength, stamina and flexibility by ...







Healthy and Safer Lifestyles • HL 3/4 Healthy Lifestyles

Resource 9 - Food Choices



I like it/someone in my family likes it



It's healthy



It's cheap or on special offer



I saw an advert for it



It's for a special occasion



One of my friends recommended it



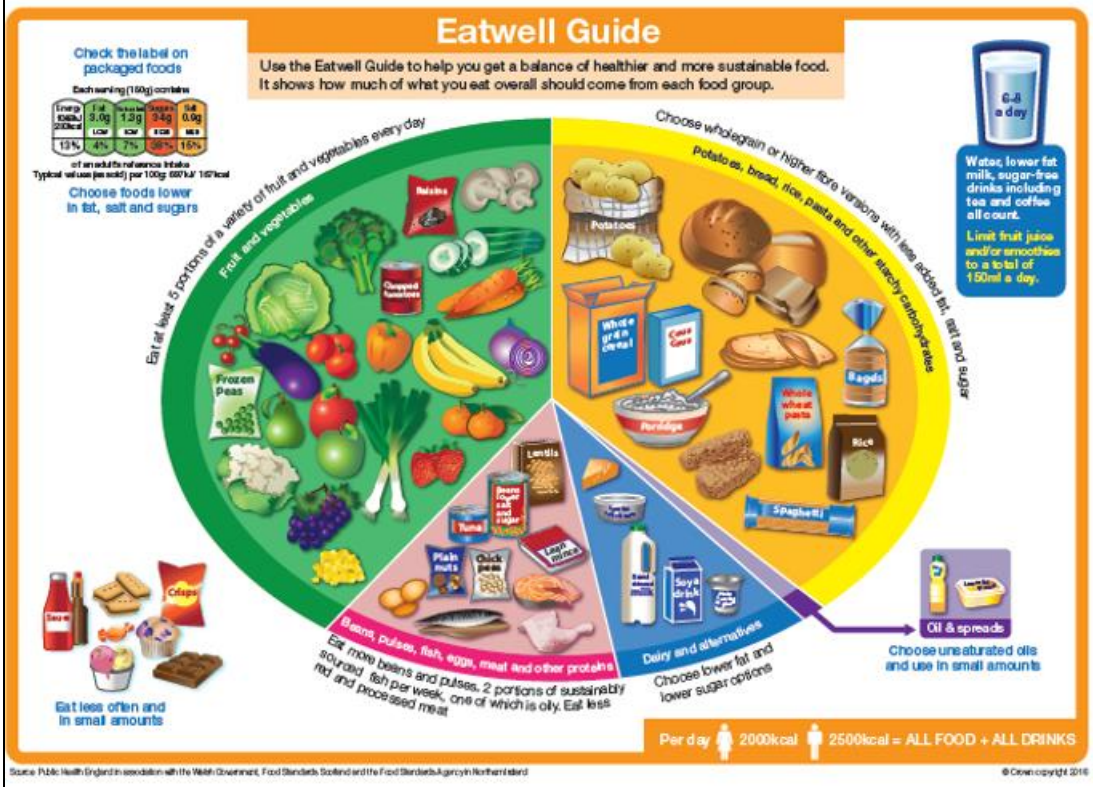
It looks good/has nice packaging



It's grown locally



The people producing it were treated fairly



Food

Greedyguts Kit Wright

Chocolate Cake Michael Rosen

Mrs. McPhee Charles Causley

Sky in the Pie Roger McGough

The Centipede's Song Roald Dahl
(from James and the Giant Peach)

Willy Wonka's Wonka-Vite Roald Dahl
(from Charlie and the Great Glass Elevator)

The 'Veggy' Lion Spike Milligan

Manners

Kids Spike Milligan

Shut Your Mouth When You're Eating Michael Rosen

Leisure Time

Concerning Mike Teavee Roald Dahl
(from Charlie and the Chocolate factory)



Myself and My Relationships

My Emotions

Resource 1 - Feelings Faces



Resource 3 - Feelings and Behaviour worksheet

Someone is feeling:

They might think:

They might want to:

Inside their body...

On the outside you can see...

Healthy and Safe Lifestyles

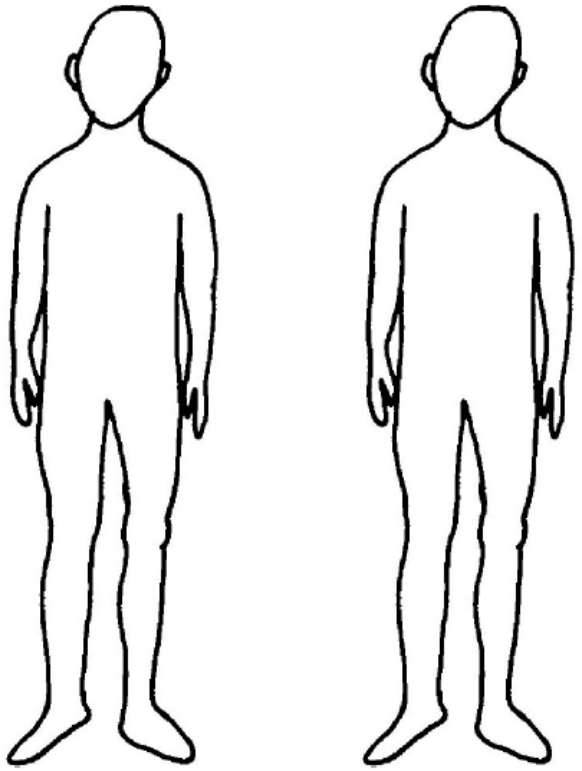
Relationship and Sex Education

Healthy and Safer Lifestyles • RS3 Relationships and Sex Education

Pupil Response Sheet 'Draw the Difference' KS2

Are you a boy/girl/prefer not to say? Which year are you in?_____

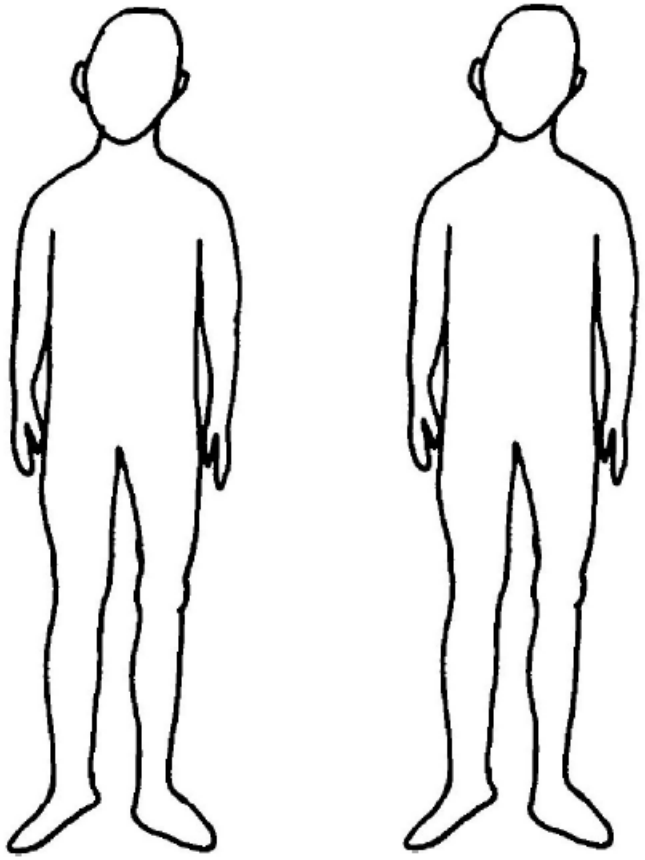
This is Bert. Bert is male. He is the same age as you. Draw and write about Bert's body. Label the parts which make him different from a female. You can draw or write about parts inside his body too.	**This is Betty.** Betty is female. She is the same age as you. Draw and write about Betty's body. Label the parts which make her different from a male. You can draw or write about parts on the inside of her body too.



Healthy and Safer Lifestyles • RS3 Relationships and Sex Education

Pupil Response Sheet 'Draw the Difference' KS2

Bert is now 15. Draw and write about how his body has changed and what might be happening to his body.	**Betty is now 15.** Draw and write about how her body has changed and what might be happening to her body.

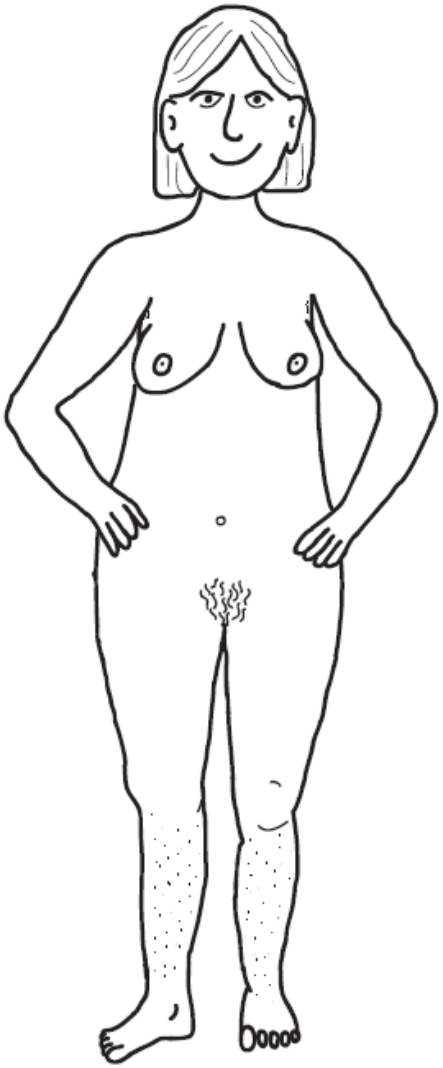


Resource 2 - KS2 Adult Male Body



Healthy and Safer Lifestyles • RS3 Relationships and Sex Education

Resource 3 - KS2 Adult Female Body



Resource 4 - Body Part Labels

penis	testes*	testicles*
thorax	vagina*	vulva*
bottom	leg	anus
chest	scrotum	arm
nipple	breast	shoulder
toe	foot	elbow
finger	eyebrow	eyelash
wrist	lips	ear
nose	eye	mouth
hair	skin	shin
toenail	cheek	chin
palm	sole	ankle
back	calf	heel