



Year 3—Learning for Life

Being my Best



You have already learnt...

- Name different parts of my body that are inside me and help to turn food into energy.
- Know what I need to get energy.

Key Knowledge

- Give a few examples of things that I can take responsibility for in relation to my healthy
- Explain and give an example of a skill or talent that I've developed
- Goal-setting in order to improve a skill

Key Skills

- Naming different food groups
- Defining different skills and talents
- Demonstrating good personal hygiene

Key vocabulary

balanced diet	a diet that contains all the nutrients in right amounts
infection	an illness caused by germs
debate	formal discussion about a subject where people have different views
ambitions	having a strong desire to achieve something
cooperation	the act of working together



practise



goal



vaccination



exercise

Next year you will learn...

- Name different parts of my body that are inside me and help to turn food into energy.
- I know what I need to get energy.
- Explain how setting a goal or goals will help me to achieve what I want to be able to do.