



PDL Knowledge Organiser		
Year group: 3	Topic link: Being My Best	Golden Thread Being My Best
<p><b>Key Questions:</b></p> <p><b>Keeping Myself Healthy</b>            Am I responsible for keeping myself healthy?            What can I do myself to keep healthy?            How do I feel when I do things to stay healthy?</p> <p><b>Celebrating and Developing</b>            My Skills What skills or talents do I have?            How can a talent or skill be developed?            Does goal-setting help improve skills and talents? How?            What would I like to achieve when I am older?            How do I achieve my goals?</p>		

- Key Vocabulary**
- achieve
  - fruit
  - medicine
  - bones
  - goal-setting
  - muscles
  - skills
  - teeth
  - balanced diet
  - talents
  - improve
  - practise
  - proteins
  - water
  - sleep
  - healthy
  - starchy carbohydrates
  - dairy
  - exercise
  - energy
  - vegetables

What key skills will I have by the end of this journey?

- I can choose foods that make a balanced meal.
- I can explain how washing hands can prevent infections spreading.
- I can describe how food, water and air get into the body and blood.
- I can set goals and make a plan to develop a new skill.

What key knowledge will I have by the end of this journey?

- To recognise how different food groups work in our body.
- To explain how some infectious illnesses are spread from one person to another.
- To name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain) and explain the respiratory and digestive processes.
- To identify my achievements and skills to work on.
- To explain how skills are developed.

Links to previous and future learning			
In Year 3	In year 4 I can give a few examples of different things that I do already that help to me keep healthy. I can give different examples of some of the things that I do already to help look after my environment.	In Year 5 I can give an example of when I have had increased independence and how that has also helped me to show responsibility. I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.	In year 6 I can tell you how I can overcome problems and challenges on the way to achieving my goals. I can give examples of an emotional risk and a physical risk.