

Assessment for PSHCE

Year 3 - Health and Wellbeing



Why should we eat well and look after our teeth?
 Why should we keep active and sleep well?

Learning Objectives	Self	Teacher Assessment	
	√√√	Towards	Expected
I can identify key aspects of physical health and hygiene routines.			
I can illustrate the importance of a balanced diet.			
I recognise the importance of oral hygiene.			
I can justify the benefits of physical activity.			
I can summarise health benefits and routines around sleep.			
Higher Standard	Self	Teacher Assessment	
I can summarise how to make healthy lifestyle choices.			

Useful Vocabulary

balanced diet
 digestion
 energy

exercise
 food groups
 healthy

hygiene
 oral
 physical

routines
 sleep
 stamina