



Year 3

PSHE

Personal, Social, Health and Economic Education

Summer term



Key vocabulary	Definition
Lungs	An organ in humans that helps us to breathe. Air filled in our lungs is called oxygen
Heart	A muscular organ that contracts and helps the blood flow through our body
Calories	The amount of energy a food or drink contains is measured in calories
Fat	A type of nutrient that is used to store in our bodies that provides energy
Anxious	A feeling or show of worry or nervousness
Cooperate	Working together towards a goal
Rights	Having the choice to form your own opinions and take your own actions
Online safety	The act of staying safe online and knowing how to be safe online

