

# Year 3: PSHE

Money and Work: Different Jobs and Skills; Stereotypes; and Setting Personal Goals  
Physical Health and Mental Wellbeing: Healthy Choices and Habits; Feelings

## Money and Work

There are many different types of jobs. Most jobs can be put into different groups:

- accountancy, banking and finance;
- business, consultancy and management;
- charity and voluntary work;
- creative arts and design;
- energy and utilities;
- environment and agriculture;
- healthcare;
- education.

Different jobs require different skills, but there are some skills that most jobs require, for example, good decision making and the ability to work as a team. People often have more than one job in their lifetime. Some people do more than one job at the same time.

## Stereotypes

Anyone, whether male or female, can do any kind of job. A **stereotypical view** would be that all nurses are female.

**This is simply not true!**



Roulette pilot

RAAF First female Flt. Lt. Joanne 'Jo' Meinand. She is the world's first woman to fly in a military precision flying team.



Nurse

A male U.S. Navy nurse attends to a young child.

**You can be anything you want to be. Work hard at school, develop your interests and set yourself some achievable goals!**

## Healthy Choices and Habits

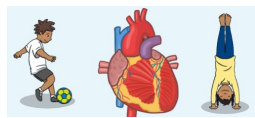
There are many different ways to stay healthy. These include:

- eating healthily;
- doing regular exercise;
- getting plenty of sleep.



### Exercise:

- helps bones and muscles become stronger;
- burns fat;
- helps your heart to stay healthy;
- increases self-confidence;
- increases positive behaviour;
- helps mental wellbeing.



**A lack of exercise, healthy eating and sleep can make you unhealthy, tired, grumpy, weak and you may find it hard to concentrate.**

### Healthy Eating:

We should eat at least 5 portions of fruit and vegetables every day.



Healthy eating helps:

- you to avoid being overweight;
- you to fight illness;
- your heart stay healthy;
- your mental wellbeing.

## Sleep

Sleep helps:

- your body to grow;
- your body repair itself;
- you stay fit and healthy;
- your memory and concentration.



**We need to develop good habits to stay physically and mentally healthy!**

## Expressing Feelings

Everyone experiences a range of emotions every day. We all have these 'ups and downs'. This is normal! If you feel 'down' then try to relax, get some fresh air, get a good night's sleep, read or listen to some music. **Look after yourself.**

Talk to a trusted adult at home or at school

ChildLine: [www.childline.org.uk](http://www.childline.org.uk)  
0800 1111

## Vocabulary

business	An organisation that sells goods or a service for a profit (money).
charity	A company raising money for those in need.
fields of work	Similar types of jobs, for example, in healthcare.
gender stereotype	Incorrect ideas about what a male or female might do as a job.
profession	A job where someone has had a lot of training.
sector	Similar types of jobs, for example, in healthcare.
social skills	Being able to get along with others.
teamwork	People working together well.

CRC Article 19: All children have the right to be safe.



CRC Article 24: All children have the right to be healthy.