

Year 3 Smoking

Lesson 1: Why People Smoke

Lesson 2: Physical Effects of Smoking

Lesson 3: No Smoking

Programme of Study:

Core Theme 1:

Health and Wellbeing

1. What is meant by a healthy lifestyle
2. how to maintain physical, mental and emotional health and wellbeing
6. how to make informed choices about health and wellbeing and to recognise sources of help with this
8. to identify different influences on health and wellbeing
 - which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,
 - how to make informed choices
 - what positively and negatively affects their physical, mental and emotional health

Lesson 1

Learning Intention

To consider smoking and its effects

Learning Outcomes

To know how smoking affects people

To consider why people smoke

Lesson 2

Learning Intention

To understand the impact of smoking and passive smoking

Learning Outcomes

To know some of the effects of smoking on the body

To know about passive smoking

Lesson 3

Learning Intention

To know some strategies to prevent starting smoking

Learning Outcomes

To know the rules and laws to prevent smoking

To be able to make the positive choice not to smoke

Key vocabulary: smoking, tobacco, cigarette, lung, cough, passive, effect, benefits, law, second hand, quitting, pressure, toxic, chemicals, addictive