

Year 3 Sleep

National Curriculum objectives

Pupils learn about choices that support a healthy lifestyle, and recognise what might influence these.
Pupils learn about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn

Key Learning

- To explore positive and negative influences on sleep quality.
- To learn about the science behind the connections between screen time and sleep.

Key Vocabulary

Caffeine: Is found in teas, coffee and some soft drinks. It stimulates your body and can interfere with your ability to sleep.

Hormone: Hormones are special chemicals your body makes to help it do certain things – like grow up! For example, insulin is a hormone that helps balance out the amount of sugar in your body.

Melatonin: Melatonin is a hormone your body produces that tells your body when it's time to head to bed.

Equipment and Resources

- [Sleep Time & Screen Time Record Cards](#): Each pupil will need a printed copy of this.
- [Example Graphs](#): For teacher reference.
- Sleep Helpers and Sleep Stealer information from last lesson.
- [Sleep Benefit Poster](#) - For display on the board.
- [Rules of Healthy Sleep Poster](#): for display on the board.

Required Downloads

- Sleep Scenario Cards. Clicking the link in the lesson plan will download a pdf. Print these and cut them up. Print enough for each pair or small group to have one card.

Key Questions

Why do we need sleep?

What can stop you getting to sleep?

What do you do before bedtime?

What things would help you to get better sleep?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction