



# Year 4 PSHE: Healthy Me

## Prior Learning

- Know how exercise affects their bodies
- Know why their hearts and lungs are such important organs
- Know that the amount of calories, fat and sugar that they put into their bodies will affect their health
- Know that there are different types of drugs
- Know that there are things, places and people that can be dangerous
- Know a range of strategies to keep themselves safe
- Know when something feels safe or unsafe
- Know that their bodies are complex and need taking care of



## Vocabulary

Friendship\*, Emotions\*, Healthy\*, Relationships\*, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking\*, Pressure, Peers, Guilt, Advice, Alcohol\*, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right\*, Wrong\*.

## Sticky Knowledge

- Know how different friendship groups are formed and how they fit into them
- Know which friends they value most
- Know that there are leaders and followers in groups
- Know that they can take on different roles according to the situation
- Know the facts about smoking and its effects on health
- Know some of the reasons some people start to smoke
- Know the facts about alcohol and its effects on health, particularly the liver
- Know some of the reasons some people drink alcohol
- Know ways to resist when people are putting pressure on them
- Know what they think is right and wrong

