

### Prior Learning (Skills)

- Able to set themselves a fitness challenge
- Recognise what it feels like to make a healthy choice
- Identify how they feel about drugs
- Can express how being anxious or scared feels
- Can take responsibility for keeping themselves and others safe
- Respect their own bodies and appreciate what they do

### Prior Learning (Knowledge)

- 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

### Key Skills

- Can identify the feelings that they have about their friends and different friendship groups
- Recognise how different people and groups they interact with impact on them
- Identify which people they most want to be friends with
- Recognise negative feelings in peer pressure situations
- Can identify the feelings of anxiety and fear associated with peer pressure
- Can tap into their inner strength and know how to be assertive



# Year 4 - PSHE Healthy Me



**The Jigsaw! Charter**

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

**Jiggy Jem**

**Journal**

**Mindfulness**

**Jerrie Cat's 'paws'**

### Key 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

### Vocabulary

<b>friendship</b>	a relationship between friends
<b>emotions</b>	a strong feeling deriving from one's circumstances, mood, or relationships with others.
<b>healthy</b>	in a good physical or mental condition; in good health.
<b>relationship</b>	the way in which two or more people or things are connected
<b>friendship</b>	the emotions or conduct of friends; the state of being friends.
<b>value</b>	the regard that something is important, worthwhile, or useful
<b>roles</b>	the part played by a person or thing in a particular situation
<b>leader</b>	the person who leads or commands a group, organization, or country
<b>follower</b>	a person who supports and admires a particular person or set of ideas.
<b>assertive</b>	having or showing a confident personality.
<b>agree</b>	have the same opinion about something
<b>disagree</b>	have or express a different opinion
<b>smoking</b>	the action or habit of inhaling and exhaling the smoke of tobacco of a lit cigarette, cigar, pipe, etc.
<b>pressure</b>	the use of persuasion or intimidation to make someone do something
<b>peer</b>	someone at your own level
<b>guilt</b>	the fact of having committed a implied offence or crime.
<b>advice</b>	guidance or recommendations offered with regard to future action
<b>alcohol</b>	is a liquid that is in drinks like beer, wine and spirits
<b>disease</b>	a change in a living body that prevents it from functioning normally : sickness.
<b>anxiety</b>	is a feeling of unease, such as worry or fear
<b>assertive</b>	having or showing a confident and forceful personality
<b>fear</b>	an unpleasant emotion caused by the threat of danger, pain, or harm.