

Year 4 - Healthy Me!

Spring 2

Key vocabulary

Friendships	Emotions
Healthy	Relationships
Value	Friendship
Groups	Roles
Leader	Follower
Assertive	Agree/disagree
Smoking	Pressure
Peers	Guilt
Advice	Alcohol
Liver	Disease
Anxiety	Fear
Believe	Opinion
Right	Wrong

Sequence of learning:

Recognising how different friendship groups are formed, and how we fit into them. Thinking about friends we value the most

Understanding there are people who take on the roles of leaders or followers in a group, and knowing the role we take on in different situations

Smoking and its effects on health, and also understanding some of the reasons some people start to smoke

Alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol

Recognising when people are putting others under pressure and explaining ways to resist this

Having a clear picture of what believe is right and wrong



Key Skills of Knowledge and Understanding

I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.

I can identify feelings of anxiety and fear associated with peer

Final outcome:

Healthy Friendships

List all the features of a 'healthy' (positive) friendship and the features of an 'unhealthy' (negative) relationship. These lists will then help to create a poster or PowerPoint presentation to inform other children in the school.

