



Year 4 - Spring - PSHE Knowledge Organiser - Healthy Me

What I already know...

- The qualities that make a good friend.
- Some ways to keep our body healthy such as healthy eating and exercise.

Key Vocabulary

Relationships	The way in which people are connected.
Roles	The part that a person has in a particular situation.
Leader	The person who is in charge and leads the group.
Peers	A person who is the same age or ability as you.
Guilt	A feeling people get after they have done something that they know is wrong.
Pressure	Persuading, bribing, convincing someone to do something.

What I will learn...

- To recognise how different friendship groups are formed.
- To understand that within groups some people take on the leadership role and some take on the follower role.
- That smoking has negative effects on health and also some of the reasons some people start to smoke.
- The facts about alcohol and its effects in health as well as some of the reasons people drink alcohol.
- To recognise when people are putting me under pressure and ways to resist this.
- To know what I believe is right and wrong.



Making a difference at The Merton.

In this unit, we help the children to understand what pressure is and the role that this can have in making unwise choices. They also start to think about how they can keep themselves healthy both now and in the future.

Making a difference at home.

Have you read any stories or seen any films or programmes where a character is pressured into doing something that they don't want to do?

Talk about what happens and why. Think about how the story would be different if the characters had made other choices or behaved in a different way.