



# Year 4 – PSHE KCV – Healthy Me



## Key skills to learn:

- Recognise how different friendship groups are formed, how I fit into them and the friends I value the most.
- Recognise the changing dynamics between people in different groups, and understand the roles I take on in different situations.
- Understand the facts about smoking and alcohol and its effects on health; including the reasons why some people start to smoke and drink alcohol.
- Relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others.
- Know myself well enough to have a clear picture of what I believe is right and wrong.

## SMSC Links:

*Social – Management of emotions and resolving conflict from others actions.*

*Moral – Understand the right choices when taking responsibility for our actions; including smoking and drinking alcohol.*

*Spiritual – Know myself well enough to have a clear picture of what I believe is right and wrong; use my inner strength to represent my beliefs.*

*Cultural – Respect the human body and how much it can do for us all.*

## Words to know and spell (Tier 2 Vocabulary)

Healthy	Friendship groups	Right/Wrong
Friendship	Disagree	Attitude
Resist	Advice	Strength
Agree	Harmful	Complex
Liver/Lungs/Heart	Fear	Believe

## Words to understand and spell (Tier 3 Vocabulary)

<b>Embarrassed</b>	Feeling awkward, self-conscious or ashamed.
<b>Value</b>	Principle or standards in behaviour, regard something's importance.
<b>Assertive</b>	Having or showing a confident and forceful personality.
<b>Leader</b>	The person who leads, takes charge or commands.
<b>Follower</b>	Someone who supports and admires another, does the same.
<b>Pressure</b>	Use of persuasion or intimidation to make someone do something.
<b>Guilt</b>	A feeling of having done something wrong or failing.
<b>Advice</b>	Guidance or recommendations offered to someone.
<b>Peers</b>	A person of the same age, status or ability.

## Concept check questions. Test yourself:

- How do your friends take on different roles in a group?
- Why do you think it is important to have friends in different friendship groups?
- Is being healthy only about eating well and being active?
- How does smoking and drinking alcohol affect the body?
- How can you best show what you know about healthy friendships?
- What does being assertive look like?