



Welton Primary School – PSHE Knowledge Organiser

Year: 4

Spring 2

Healthy Me



PSHE Puzzle Piece Vocabulary

Advice	Guidance from someone you trust to make a decision about what you will do in the future.
Agree	To have the same opinion as someone else.
Alcohol	A liquid ingredient in adult drinks (beer and wine).
Anxiety	The feeling of being anxious, worried or nervous.
Assertive	To be confident in your beliefs and opinions.
Believe	Accept that something is true without doubt.
Disagree	To have a different opinion to someone else.
Disease	An illness that affects you for a long time.
Emotions	Feelings about your situation or other people.
Fear	Emotion caused by the threat of danger or harm.
Follower	A person who supports or follows a leader or set of ideas / beliefs
Friendship	Shared feeling of liking others, sometimes in a group.
Guilt	A feeling of having done something wrong.
Healthy	To be in a good physical state or good health.
Leader	A person in charge of a group.
Liver	An organ in the body.
Opinion	A personal view or judgement about something or someone.
Peers	Friends or a social group.
Pressure	To persuade somebody.
Relationships	How others behave towards each other.
Right	Something that is correct or true.
Roles	Behaviours or things we do as part of a job.
Smoking	To breath tobacco smoke in and out.
Value	How important something is.
Wrong	Something that is not correct or untrue / false.



Friendship Groups

I know how to describe the friends that I have (how we became friends, what we do, how we met, etc.). I know what value each of my friends and friendship groups have. I know that the friends I have will have different interests and be part of different groups. I know how to deal and respond to a variety of situations and embarrassing scenarios.



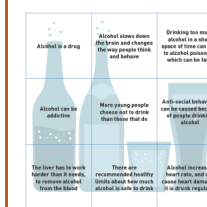
Different Roles within a Group

I can explain how I might handle a difficult situation. I can explain the reasons for my choices. I can give reasons for my own and the reactions of others. I can share the qualities of a friend that I think are important.



Smoking

I know that smoking is bad for you and I can say what the effects might be on your health. I know that some people start smoking because of peer pressure. I can explain what facts I have learnt.



Alcohol

I can suggest ways to stay healthy (no smoking, no drinking, healthy eating, exercise). I can locate the liver in the human body and discuss its function. I can express an opinion on how I feel about drinking and give reasons for my opinion and listen to the opinions of others.



Peer Pressure

I understand that people may put pressure on us to try and influence the choices we made. I know ways to resist when people are putting pressure on me. I understand



Right and Wrong

I can explain and I know that I have the capabilities to do anything I put my mind to. I know that as I grow my views and opinions will change.

Questions to Support Learning

- Who are your friends? How do they make you feel?
- Which groups do you spend time with? How do you feel when you are with the different groups?
- Can you tell me about a time when you were the leader / follower in the group?
- How can smoking affect people's health?
- How can drinking affect people's health?
- What can you do if a group of children are trying to convince you to do something you don't want to do or know you shouldn't do?
- How can you build your inner strength?
- Does calm time help you feel stronger inside?

