



Year:	Year 4	Unit:	Healthy Me
What will I learn this year? - 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			
Key Vocabulary		What should I already know?	
Friendship, Emotions, Healthy, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong.	In this Puzzle the class look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and how they fit into them. The children are asked to reflect on their friendships, how different people make them feel and which friends they value the most. The class also look at smoking and its effects on health, they do the same with alcohol and then look at the reasons why people might drink or smoke. Finally, they talk about peer pressure and how to deal with it.	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	
		What will I learn next? - Know the health risks of smoking - Know how smoking tobacco affects the lungs, liver and heart - Know some of the risks linked to misusing alcohol, including antisocial behaviour - Know basic emergency procedures including the recovery position - Know how to get help in emergency situations - Know that the media, social media and celebrity culture promotes certain body types - Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure - Know what makes a healthy lifestyle	



