

St Anne's C of E Primary School Curriculum Plan

Subject: PSHE

Year: 4

Term: Summer 1



Unit: Relationship and Sex Education



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that)	Children will understand (that)	Children will be able to
<p>love - strong feelings of affection for another person or thing.</p> <p>dependent - relying on another for help or to provide what one needs.</p> <p>independent - not needing the support or advice of another; self-sufficient.</p> <p>breasts - In females, the breasts are primarily for feeding babies. The fatty deposits protect the glands that produce breast milk. The nipple is the end point of the breast and all the milk producing tubes end up at the nipple.</p> <p>anus - the opening at the lower or rear end of the intestines, through</p>	<p>The main stages of the human lifecycle: birth, baby, child, adolescent, adult, middle age, old age, death.</p> <p>Understand that babies begin when a male seed and female egg join together.</p> <p>The perceptions of being physically, emotionally and socially 'grown up'.</p> <p>Their responsibilities and how these have changed and how they will change in the future.</p> <p>The wider responsibilities that families have for the physical and emotional wellbeing of babies and children.</p>	<p>What a lifecycle is and the main stages of the human life cycle.</p> <p>That a male seed and female egg join together to make a baby.</p> <p>The perceptions of what 'grown up' means.</p> <p>What their responsibilities are now and how these will change in the future.</p> <p>How a family is responsible for the wellbeing of babies and children.</p>	<p>Relationships Education:</p> <p>FP Families & People who care for me</p> <p>Health Education:</p> <p>CAB Changing Adolescent Body</p> <p>Identify the main stages of the human lifecycle and identify the stage of an individual with reasonable accuracy</p> <p>Explain that a baby grows from a male seed and a female egg</p> <p>Explain ideas about being grown up and show they have a relatively realistic view of adulthood</p>

<p>which solid waste matter is excreted</p> <p>scrotum - This is the pouch of skin which holds the testicles.</p> <p>toiletries -items used in washing and taking care of one's body, such as soap, shampoo, and toothpaste</p> <p>bacteria – tiny organisms that can cause infection</p> <p>infection – an illness caused by germs</p> <p>hygiene - the practice of keeping clean to stay healthy and prevent disease.</p>			<p>Identify an area for which they can take more responsibility</p> <p>Explain some ways that parents/carers are responsible for babies and understand that these responsibilities are based on the fact that a baby cannot look after itself.</p>
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St Anne's C of E Primary School Curriculum Plan

Subject: PSHE

Year: 4

Term: Summer 2



Unit: Healthy Lifestyles



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that)	Children will understand (that)	Children will be able to
<p>physical health – a state of well-being where your body can function as it should do</p> <p>mental health - a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community</p> <p>nutrient - something in food that helps people, animals, and plants live and grow.</p> <p>healthy – being well in both your mind and body</p> <p>balanced diet - a diet consisting of a variety of different types of food and providing adequate</p>	<p>That they can make choices which contribute to a healthy lifestyle.</p> <p>How physical activity and nutrition affects their physical and mental health.</p> <p>Ways in which stamina, strength and flexibility can be improved through daily physical activity.</p> <p>That a healthy lifestyle involves making balanced choices about their free time.</p> <p>The factors which influence their food choices.</p> <p>Understand the importance of consuming a variety and balance of foods and drinks.</p>	<p>What a healthy lifestyle is and how their choices can affect this</p> <p>How physical activity and nutrition affects their physical and mental health.</p> <p>How physical activity can benefit them</p> <p>What can influence their food choices</p> <p>What a balanced diet is and the importance of this</p>	<p>Health Education:</p> <p>MW Mental Wellbeing</p> <p>PHF Physical Health & Fitness</p> <p>HE Healthy Eating</p> <p>HP Health & Prevention</p> <p>Know that they can make choices which are healthier or less healthy and reflect on their own lifestyle.</p> <p>Know that eating a balanced diet, being active and sleeping all contribute to a healthy lifestyle.</p>

<p>amounts of the nutrients necessary for good health.</p> <p>energy - is needed by the body to stay alive, grow, keep warm and move around. Energy is provided by food and drink.</p> <p>lifestyle - the general way of life of a person or group</p> <p>dental – related to teeth</p> <p>hygiene - the practice of keeping clean to stay healthy and prevent disease.</p>	<p>Understand how food helps them to be active and healthy and gives them energy.</p> <p>How to plan and help prepare simple healthy meals.</p> <p>Why good dental hygiene is important and how it contributes to a healthy lifestyle.</p> <p>How much sleep children of their age tend to need, and to recognise the consequences of not having enough sleep.</p> <p>How to reflect on their own lifestyles and take responsibility for their own healthy choices.</p>	<p>How food gives them energy</p> <p>What a healthy meal could be and how to prepare some</p> <p>What good dental hygiene is and why it is important</p> <p>Why sleep is important to health and why enough sleep is important</p>	<p>Understand some of the reasons people sometimes make less healthy choices.</p> <p>Talk about some of the physical and mental benefits of exercise.</p> <p>Know that a healthy lifestyle involves choosing a range of activities, some of which will be more active than others.</p> <p>State some of the influences on food choices and some of the persuasive methods used in advertising.</p> <p>Understand why our bodies need foods from each of the food groups and be able to suggest daily menus or meals.</p> <p>Talk about the benefits of food for our bodies and plan and prepare simple healthy meals or snacks.</p> <p>Know how much sleep we need and be able to talk about what happens if we don't get enough.</p> <p>Know why dental hygiene is important and how they can look after their teeth.</p>
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