



Trinity Primary School – RHSE Knowledge Curriculum

Preparing for the demands of society for the future



Term: Summer 1

Year Group: Y4

Topic: Healthy Me

Key Vocabulary

Key Questions

Pressure	How much force is acting over an area.	<p>Who are your friends? How do they make you feel?</p> <p>Which groups do you spend time with? How do you feel when you are with the different groups?</p> <p>Can you tell me about a time when you were the leader / follower in the group?</p> <p>How can smoking affect people's health?</p> <p>How can drinking affect people's health?</p> <p>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?</p> <p>How can you build your inner strength?</p>
Peers	A person who is equal to another in abilities, qualifications, age, background, and social status	
Guilt	Responsibility for having done something wrong	
Smoking	The act of inhaling and exhaling the fumes of burning plant material.	
Alcohol	A liquid produced by fermentation	
Disease	Illness or sickness characterised by specific signs or symptoms	

Links to **HEART** and British Values

Wider World Events

HEART Healthy Respect	<i>British Values</i> Respect and Tolerance
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Healthy Schools Week

Assessment

Working towards	Working at	Working beyond
<p>I can tell you how I would say 'no' if someone tries to make me do something that I know is wrong or bad for me.</p> <p>I can say how it feels when someone else is pushing me to do something.</p>	<p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p>	<p>I can problem-solve and identify a variety of strategies in different situations where I may experience peer pressure.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure and I can manage these to help me make safe and healthy choices.</p>