

**Subject: PSHE****Year group: Four Term: Summer****Title: Health and Wellbeing****What should I already know?**

- How daily choices can affect their health
- About habits that can be changed, maintained or stopped
- What it means by a healthy balanced diet
- That regular exercise benefits their physical and mental health
- Strategies to identify and talk about their feelings and that feelings can change overtime
- That everyone is individual and has a unique and valuable contribution to make
- How to identify their own personal strengths and interests and what they're proud of
- To identify typical hazards at home and in school
- How to predict, access and manage risk in everyday situations
- About fire safety at home
- The importance of following safety rules from parents or other adults
- How to keep themselves safe in the local environment or unfamiliar places

Facts I will learn

- How to maintain a healthy and balanced lifestyle in physical and mental health
- How to identify external genitalia and reproductive organs
- About the physical and emotional changes during puberty
- Key facts about the menstrual cycle and menstrual wellbeing, erections, and wet dreams
- The importance and taking medicines correctly and using household products safely
- To recognise what is meant by a 'drug'
- Identify the side effects related to different drugs and identify some of the risks associated with drugs common to everyday life
- That for some people using drugs can become a habit which is difficult to break

**Key questions**

- How can I maintain a healthy and balanced lifestyle that looks after my physical and mental health?
- What are the names of the external genitalia and reproductive organs?
- What physical and emotional changes might I experience as I go through puberty?
 - What is the menstrual cycle and what is menstrual wellbeing?
 - What are erections and wet dream?
- Why are personal hygiene routines important as you enter puberty?
- Why is it important that medicines are taken and stored correctly?
- Why is it important that household products are used correctly?
 - What is a drug?
 - What are some side effects related to different drugs and what are some of the risks of taking drugs common to everyday life?
- Why do some people need support with drug taking?

Key Skills..... In this term the children will learn about how their bodies are going to change as they enter puberty. They will think about how they need to look after their physical and mental wellbeing and how to keep themselves safe around medicines and household products.	Experiences that school will provide: A member of the school nursing team will come and talk to the children about medicine safety.	<table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>puberty</td><td>The process in which a body matures from child to adult.</td></tr><tr><td>Personal hygiene</td><td>How you care for your body.</td></tr><tr><td>Household products</td><td>Items that help with cleaning the house, such as bleach.</td></tr><tr><td>Wellbeing</td><td>A feeling of being comfortable, happy or healthy.</td></tr><tr><td>Physical</td><td>The body.</td></tr><tr><td>mental</td><td>The mind.</td></tr></table>		Key vocab	Definition	puberty	The process in which a body matures from child to adult.	Personal hygiene	How you care for your body.	Household products	Items that help with cleaning the house, such as bleach.	Wellbeing	A feeling of being comfortable, happy or healthy.	Physical	The body.	mental	The mind.
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Web links https://www.childline.org.uk/info-advice/you-your-body/puberty/	Experiences that could be provided at home... • Talk to your child about puberty and make them aware and comfortable about talking to you about changes in their bodies																