

PSHE Knowledge Organiser



PSHE Strand/ Year Group

Year 4 – Healthy Me

Overview

In this section, 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.

Knowledge

- 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 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 the what they think is right or wrong

Key Vocabulary

Friendship	Agree
Emotions	Disagree
Healthy	Smoking
Relationships	Pressure
Friendships groups	Peers
Value	Guilt
Roles	Advice
Leader	Alcohol
Follower	Anxiety
Assertive	Opinion

Social and Emotional Skills

- Can identify the feelings that they have about their friends and different friendship groups
- Recognise how different people and groups they interact with impact on them
- Identify which people they most want to be friends with
- Recognise negative feelings in peer pressure situations
- Can identify the feelings of anxiety and fear associated with peer pressure
- Can tap into their inner strength and know how to be assertive.