

LKS2 PSHE Knowledge Organiser

Year: 4 Term: 4

Focus - Healthy Me

National Curriculum Objectives

- 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

Word	Meaning
Fitness	The condition of being physically fit and healthy.
Calories	A calorie is a unit of energy
Drugs	A medicine or other substance which affects the body
Organs	Parts of the body with a specific vital function.

Sticky Knowledge:

The right diet, exercise and sleep help us to stay well and fight illness.

A drug is something that when it goes into our body changes how we think and feel.

Tobacco, alcohol and caffeine drinks are drugs and can damage our health.

All drugs have side effects for example smoke from cigarettes can worsen asthma and lead to lung diseases.