

Year 4 PSHE Termly Overview - Summer

Theme: Health and Wellbeing

Sub-themes: Physical Health and Mental wellbeing
Growing and Changing
Keeping Safe

Core Substantive Knowledge

Key Vocabulary

Key Questions

Physical Health and Mental wellbeing

Children will learn:

- to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally
- what good physical health means and how to recognise early signs of physical illness
- that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary
- how to maintain oral hygiene and dental health, including how to brush and floss correctly
- the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health

exercise, off-screen, barrier, physical health, minor, serious, symptom, enamel, plaque, cavity, oral hygiene, incisors, molars canines, decay

- What is meant by a healthy, balanced lifestyle?
- How do I know if I am physically healthy?
- Why is brushing teeth so important?
- How do I keep my teeth healthy?

Growing and Changing

Children will learn:

- 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
- strategies to manage the changes during puberty including menstruation
- the importance of personal hygiene routines during puberty including washing regularly and using deodorant
- how to discuss the challenges of puberty with a trusted adult
- how to get information, help and advice about puberty

puberty, genitals, vulva, vagina, penis, testicles, breasts, menstruation, period, wet dream, genitalia, vulva, reproductive organs, penis, urethra, testicle, hygiene, female genitals, male genitals, emotions, cause, rollercoaster

- What are the physical changes that happen during puberty?
- What is menstruation and what is a wet dream?
- Why is personal hygiene so important?
- How will my emotions change during puberty?

Keeping Safe

Children will learn:

- the importance of taking medicines correctly and using household products safely
- to recognise what is meant by a 'drug'
- that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing
- to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects
- to 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
- how to ask for help or advice

dosage, instructions, prescribed, pharmacy, warning, side effect, cigarettes, vapes, cessation, e-cigarettes, caffeine, alcohol

- How can we be safe when handling medicines and household products?
- What are the risks of caffeine, cigarettes, e-cigarettes, and alcohol?