

PSHE Year 4 Spring 2 – Healthy me



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- recognise how different friendship groups are formed, how I fit into them and the friends I value the most
- understand how peer influence can lead to unsafe choices, including fire risks and risky behaviour, and know how to reduce risks and ask for help
- know some facts about the effects of smoking and vaping on health, and why some people might start to smoke or vape
- understand the facts about alcohol and its effects on health, particularly the liver, and some of the reasons some people drink alcohol
- recognise when people are putting me under pressure and can explain ways to resist this when I want
- know myself well enough to have a clear picture of what I believe is right and wrong

Social and emotional skills

I will:

- identify the feelings I have about my friends and my different friendship groups
- recognise feelings of embarrassment, pressure or wanting to fit in that might stop me making safe choices, and know how to manage these feelings to keep myself safe
- recognise negative feelings in peer pressure situation (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others
- identify feelings of anxiety and fear associated with peer pressure
- tap into my inner strength and know how to be assertive

Key vocabulary

Advice, agree/disagree, alcohol, anxiety, assertive, believe, disease, emotions, embarrassment, fear, follower, friendship groups, friendships, guilt, healthy, leader, liver, lonely, opinion, peers, pressure, puberty, relationships, right, roles, smoking, trust, value, vaping, wrong

Big Question:

What could you do if you felt you were being put under pressure by peers?

The zones of regulation



By the end of this topic...

I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.

I can identify feelings of anxiety and fear associated with peer pressure.

Mindmate Monday lesson

MindMate

Year 4 Spring 2 Strong emotions

Lesson focus: Stress and anxiety I know what stress and anxiety are

Pupils should have the opportunity to... I understand what stress and anxiety are and how they make me feel I understand the positive and negative effects of stress and anxiety I know about a range of strategies to help manage stress and anxiety.

To complete the sentence 'I feel stressed/anxious when ...and my body feels...' I can talk about what causes me stress or anxiety