



PSHCE

Year: 4

Term 5

Theme: Physical Health and Mental Wellbeing

Core Learning Behaviour: Be creative

Safeguarding Alerts: (add individual children's initials where applicable) - 'MM'

Be aware of:

- Children who are receiving ELSA or outside support to help them manage their physical health and wellbeing

Mental Health and Wellbeing:

Pupils should know...

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- where and how to seek support

Knowledge:

- 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

Skills:

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

Prior Learning:

- Rec - Y3 Term 5 - Physical Health and Wellbeing (all)

Vocabulary:

- Healthy and unhealthy choices
- Influence
- Habits
- Balanced diet
- Body language
- Words and actions
- Powerful feelings

Cross Curricular Links:

PE: all

Science: animals, including humans

Oracy:

Circle time discussions - use class toy to know when to speak. Provide sentence stems for responses and encourage all to respond in the circle.

Work in pairs to encourage all children to participate and to promote active listening.

Wider Reading

Enrichment

- BNF Healthy Eating Week
- Chartwell School Visit
- ROC visit @ Clayfield Copse