

Year 4 Spring 1 PSHE

Physical Health



Big Question

What is important to me?

Key vocabulary

Learning behaviours

Resilience

Perseverance

Independence

Aspire

Choice

Consequence

Health

Well-being

Stem Questions

- I felt this emotion when...
- I am feeling...
- I think people might agree/disagree because...
- We are learning about xxxx today, is there anything you would like to know?
- Do you know where to go if you feel worried about anything we have discussed in this lesson?
- How do we respond if we disagree with someone else's opinion in this lesson?
- How do you want to feel during this lesson?

Powerful knowledge/skills for this unit:

Pupils learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons)

Pupils

- can explain why a person may avoid certain foods
- are able to communicate their own personal food needs
- understand that people may follow a particular diet based on their religious, moral, cultural background or for health reasons

Pupils learn about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)

Pupils

- can identify factors that might influence people's choices about the food they buy (for example, ethical farming, fair trade, seasonality)
- are able to talk about their views and express their opinions on factors that affect food choice
- understand that consumers may have different views on the food they eat and how it is produced and farmed

Children learn about the importance of getting enough sleep

Pupils

- explain the importance of sleep for health and wellbeing
- know what can help people relax and sleep well