

Year 4 Autumn 2 PSHE Making choices



PSHE

Powerful knowledge/skills for this unit:

Pupils learn about

drugs (other than medicines) that are common in everyday life, and why people choose to use them

- are aware of drugs that are common in everyday life, such as caffeine, alcohol, tobacco or nicotine products, and when they might be used
- can identify why a person may choose to use or not use a drug
- are able to state some alternatives to using drugs

The effects and risks of drinking alcohol

- know how alcohol can affect the body
- explain why drinking alcohol may pose a greater or lesser risk, depending on the individual and the amount of alcohol consumed
- know that there are laws and guidelines related to the consumption of alcohol

Different patterns of behaviour that are related to drug use

- can explain what is meant by the terms 'habit' and 'addiction'
- can identify different behaviours that are related to drug use
- know where they can go for help if they are concerned about someone's use of drugs

What should I already know:

What a drug is.

That tobacco is a drug.

Help and support that is available to stop smoking.

Big Question: What are some of the risks of drinking alcohol?

Zones of regulation



The end point: Know how alcohol can affect people's bodies.

Know what a person could choose to do instead of using a drug?

Key vocabulary

Caffeine, alcohol, tobacco, nicotine, alcohol, risk, habit, addiction, age restrictions. Drugs, Legal, Illegal Prescribed, Harmful Substances, Heart Lungs, Brain, Stomach Peer pressure, Medicine Behaviour, Drug use

Mindmate Monday lesson

MindMate

Year 4 Autumn 2: Skills to maintain & keep positive relationships

Lesson focus: I can describe a healthy relationship

Pupils should have the opportunity to...recognise what constitutes a positive, healthy relationship develop the skills to form & maintain positive & healthy relationships