



PSHE- Empowerment, Health, and Wellbeing

International



Pride

Year 4 – Summer Term - Empowerment- Health and Well-being

Key Enquiry Questions:

How do I keep a balanced lifestyle?

Making sure that you are looking after your oral hygiene, mental well-being, exercise and a healthy balanced diet.

What types of physical and emotional changes will I go through during Puberty?

Physical and emotional changes during puberty, external genitalia, personal hygiene routines and support during puberty.

Why is it important to maintain good hygiene?

To keep ourselves clean and avoid illness or risk of infection.

How do I keep myself safe in everyday situations?

Ensure that I speak with a trusted adult if I ever feel unsafe or concerned. If I feel unwell, I need to see a doctor to give me the right medicines. Be aware of risks and keep safe.

Key Vocabulary:

Teeth	Humans have teeth in their mouth to help to grind and chew the food. They have 3 types of different teeth.
Healthy lifestyle	A healthy lifestyle is important to stay healthy and well. Eating healthy foods and exercising can help to maintain a healthy lifestyle.
Physical illness	When you have an illness that affects you physically
Nutrition	Eating a healthy, nutritionally balanced diet
Vaccines	Vaccines to help protect from many illnesses
Allergies	When you have an allergy to something and can react.
Medicines	Medicines are given when you are unwell and need help to get better.
Habits	Something we do as part of a routine or as part of a learned behaviour
Health	It is important for humans to look after their health to live a long life.
Drugs	Drugs are given as medication to help you to get better, however, some drugs are illegal and should not be taken.

Links to prior learning:

Can I explain what a balanced, healthy lifestyle is? (H2) (Science – Covered in Y3 with nutrition lessons. Also covered in PE)

Year 3 (respecting ourselves)

Year 3 (keeping safe)