

Year 4 Knowledge Organiser PSHE: Healthy Me

Key Vocabulary

roles	leader	follower
assertive	smoking	pressure
guilt	alcohol	disease



healthy liver



diseased liver



Knowledge

- I know how different friendship groups are formed and how I fit into them
- I know which friends I value most
- I know that there are leaders and followers in groups
- I know that I can take on different roles according to the situation
- I know the facts about smoking and its effects on health
- I know some of the reasons some people start to smoke
- I know the facts about alcohol and its effects on health, particularly the liver
- I know some of the reasons some people drink alcohol
- I know ways to resist when people are putting pressure on me
- I know what I think is right and wrong

Social and Emotional skills

- I can identify the feelings that I have about my friends and different friendship groups
- I recognise how different people and groups I interact with impact on me
- I identify which people I most want to be friends with
- I recognise negative feelings in peer pressure situations
- I can identify the feelings of anxiety and fear associated with peer pressure
- I can tap into my inner strength and know how to be assertive