



**Learning Module:
Spring Term 2 / Puzzle 4
Year 4 – Healthy Me**

Pupil outcomes as a result of this module –

Children will learn about friendship and friendship groups and how to feel valued. They will be taught about peer pressure and how to recognise negative and positive feelings and how to deal with these. They will be taught how to be assertive and when this is appropriate.

<p>Knowledge</p> <ul style="list-style-type: none"> ○ I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. ○ I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations. ○ I understand the facts about smoking and its effects on health, and also some of the reasons people start to smoke. ○ I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol. ○ I recognise when people are putting me under pressure and can explain ways to resist this when I want. 	<p style="text-align: center;">End of Year/Key Stage Objectives</p> <p>1c, to face new challenges positively by collecting information, looking for help making responsible choices, and taking action.</p> <p>1d, to recognise as they approach puberty, how people’s emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way.</p> <p>2f, to resolve differences by looking at alternatives, making decisions, and explaining choices.</p> <p>4a, That their actions affect themselves and others, to care about other people’s feelings and to try to see things from their points of view.</p>
<p>Skills</p> <ul style="list-style-type: none"> ○ I can identify the feelings I have about my friends and my different friendship groups. ○ I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with. ○ I can recognise negative feelings in peer pressure situations (e.g. embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others. ○ I can identify feelings of anxiety and fear associated with peer pressure. 	<p>3c, Learn about how the body changes as children approach puberty.</p> <p>3f, That pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong.</p> <p>4g, Where individuals, families and groups can get help and support.</p> <p>National Curriculum - Science</p> <p>1a, That the life processes common to humans and other animals include nutrition, movement, growth and reproduction.</p> <p>2f, About the main stages of the human life cycle.</p>
<p>Understanding</p> <ul style="list-style-type: none"> ○ I know myself well enough to have a clear picture of what I believe is right and wrong. ○ I can tap into my inner strength and know how to be assertive. ○ I can recognise when people are putting me underpressure and can explain ways to resist this when I want to. ○ I can identify feelings of anxiety and fear associated with peer pressure. 	