

## Year 4 Spring Term – Physical health

### Prior Knowledge:

1. learn about the importance of dental health routines
2. To learn what makes a healthy diet and why this is important
3. To learn how to manage risk in relation to sun exposure, including skin damage and heat stroke.

### Prior skills:

1. identify how everyday actions affect dental health
2. describe ways to maintain good dental health
3. explain common risks to dental health and how to manage them
4. recognise the range of foods that make up a healthier, balanced diet
5. identify food/drinks that should be consumed regularly and those that should be consumed less often or in smaller amounts
6. explain the effects different foods can have on bodies
7. describe some healthier eating habits
8. recognise where to find reliable information about food and drinks
9. describe some benefits of limited sun exposure for physical and mental wellbeing
10. describe how the sun can damage skin and health explain what appropriate exposure and over exposure is in relation to the sun and how to limit exposure
11. evaluate the possible challenges to limiting sun exposure and strategies to overcome these
12. Identify when a casualty is having an allergic reaction to a bite or sting
13. Comfort and reassure a casualty who has been bitten or stung
14. Seek medical help if required

### Vocabulary:

Sleep, habit, routine, bedtime, puberty, balanced, choice, decision, dilemma, diet, healthy, influence, negative, nutritious, persuade, positive, pressure, processed, situation, sugar exposure, over exposure, limiting, damage, health, protection airways trachea triggers inhaler lungs larynx inhale exhale inflate deflate

### **Key Knowledge :**

1. To learn about the importance of good sleep
2. To learn about influences and making healthy choices when deciding what to eat or drink
3. Seek medical help, if required, for someone who is having an asthma attack

### **Key Skills:**

1. explain why sleep is important for a healthy lifestyle
2. describe bedtime routines that help improve sleep
3. identify how sleep patterns and needs might change during puberty
4. explain some choices people can make about what to eat and drink
5. identify who or what might influence choices about food
6. recognise positive and negative influences on food choices
7. describe how people can manage less helpful influences when making choices about food
8. Identify a casualty who is having an asthma attack
9. Assess a casualty's condition calmly and give first aid to someone who is having difficulty breathing due to asthma

### **Schemes used:**

PSHE Association

St John's Ambulance

### **Future Knowledge:**

1. To learn how to plan and prepare a healthy meal
2. To learn about the importance of regular, physical activity
3. Assess a casualty's condition calmly and give first aid to a casualty who is bleeding