

Medium Term Plan – Personal, Social, Health, Economic – Year 4 – Health and wellbeing Summer 1

World

Teachers must use in conjunction with PSHE Progression document (Prior Knowledge and Skills).



Lesson	National Curriculum links	Objective	Substantive knowledge	Disciplinary knowledge	Specific Vocabulary	Activities and resources
1/7	<b>Health and wellbeing</b>	To know what keeps me healthy *Baseline Children to draw a picture of a healthy person and how they think they are healthy				
2/7	<b>Health and wellbeing</b> H2, H3, H4, H6, H7, H11	To know what keeps me healthy	<p>I know that a healthy diet and regular exercise helps my body and mind.</p> <p>I know that sometimes things are sold as healthy but are not.</p> <p>I know what I can do to keep my head, heart, teeth and muscles healthy.</p>	<p>I can talk about ways to stay healthy</p> <p>I can talk about how my mind and body feels when resting and after exercise</p>	Healthy Physical and mental health	Breathing, heart, muscles resting and after exercise
3/7	<b>Health and wellbeing</b> H1, H2, H3, H4, H8	To know why it is important to get enough sleep.	<p>I know how much sleep I need to be healthy.</p> <p>I know what to do to get good quality sleep.</p> <p>I know what to avoid to get good quality sleep.</p>	<p>I can talk about why sleep is important and what happens to your mind and body if you don't.</p> <p>I can talk about the importance of bedtime routines</p>	sleep, sleep deprivation, sleep hygiene, disorientated, routine, bedtime, hallucinating, paranoid, relax, body, mind, healthy	How much sleep do you think you need? Quiz – different ages and how many hours needed Discuss why it is important to get enough sleep How can getting enough sleep keep

				and things that can help you sleep.		our bodies and minds healthy? What happens if we don't get enough sleep? Sleep routines
4/7	<b>Health and wellbeing</b> H4, H5, H9, H10, H14	To understand the importance of hygiene and what to do if I feel unwell.	I know different ways we can treat illnesses.  I know what to do if I am worried about my health	I can identify ways of preventing infections and diseases from spreading.  I understand how allergies can be managed.	disease, germ, contagious, spread, hygiene, wash, immunisation, vaccinations, infection, allergies, routine, illness	True or false  Match disease and way(s) it spreads How could you beat the disease? (refer back to covid)  Personal hygiene
5/7	<b>Health and wellbeing</b> H38, H46, H48	To know how to take medicine safely and keep safe around drugs	I know how to identify risks in familiar situations.  I know what is safe to eat or use and what is not.  I know where I can find help in a risky or dangerous situation	I can talk about what could be done in an emergency.  I can talk about how to stay safe around medicines and drugs.	drugs, legal, illegal, tobacco, nicotine, alcohol, caffeine, restricted, addiction, habit, cigarettes, e-cigarettes, vaping, medicines, prescription, healing, harmful, health, risk, antibiotics, immune, emergency, syringe, pills, tablets	Sort – drug/not drug Scenarios
6/7	<b>Health and wellbeing</b>	To know how to make better choices	I know my choices have consequences.	I can identify habits that will help me.	consent, choice, habit, resilience,	What are choices and habits are and

	H1, H2, H3, H4, H11, H12	and choose healthy habits.	I know how to deal with habits that are unhelpful		structure, planning, balance, pros, cons, consequences	what impact do they have on our lives? Healthy choices and habits Sort healthy and unhealthy Keeping good habits and break bad habits
7/7	<b>Health and wellbeing</b> H2, H6, H11	To know the importance of dental health routines.	To explain common risks to dental health and how to manage them.	I can identify how everyday actions affect dental health.  I can describe ways to maintain good dental health.	Teeth Dental health Enamel Plaque Cavity Oral hygiene	Keeping teeth healthy Match words Helpful/harmful actions to teeth