

## Year 4 Jigsaw Puzzle 4 – Healthy Me

### What it looked like last year...

- Exercise
- Fitness challenges
- Food labelling and healthy swaps
- Attitudes towards drugs
- Keeping safe and why it's important online and off line situations
- Respect for myself and others
- Healthy and safe choices



### What it looks like next year...

- Smoking, including vaping
- Alcohol
- Alcohol and anti-social behaviour
- Emergency aid
- Body image
- Relationships with food
- Healthy choices
- Motivation and behaviour

### Vocabulary (definitions)

Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
Friendships	Friendship groups	Smoking	Alcohol	Pressure	Believe
Emotions	Roles	Pressure	Liver	Peers	Assertive
Healthy Relationship	Leader	Peers	Disease	Anxiety	Opinion
s	Follower	Guilt		Fear	Right
Friendship groups	Assertive	Advice			Wrong
Value	Agree / disagree				

### Sequence of Learning

1. My Friends and Me (S) (E) (F)
2. Group Dynamics (S) (E) (F)
3. Smoking (F)
4. Alcohol (F)
5. Healthy Friendships (S) (E) (F)
6. Celebrating My Inner Strength and Assertiveness (S) (E) (F)



### Cultural Capital

- To be able to explain how to use the strength inside me to be assertive.
- The real life knowledge that links is: to identify when a friendship is healthy and when it isn't.
- The jobs it can be used in are: all jobs – understanding how to be assertive.

### Key Concept Links

- **Self-Belief and Self-worth (S)**
- **Empathy (E)**
- **Recognising, Understanding, and Managing Feelings. (F)**