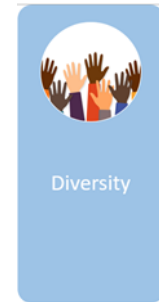


Subject: PSHE

Year group: 4

Term: Spring

Unit name: Health and wellbeing- Keeping Safe



#### Main concepts (Health and wellbeing)

- the importance of taking medicines correctly and using household products safely
- to recognise what is meant by a 'drug'
- that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing
- to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects
- to identify some of the risks associated with drugs common to everyday life
- that for some people using drugs can become a habit which is difficult to break
- how to ask for help or advice

#### Prior knowledge.

##### Children should already...

- how to identify typical hazards at home and in school
- how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen
- about fire safety at home including the need for smoke alarms
- the importance of following safety rules from parents and other adults
- how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety.

#### Key vocabulary

Medicine, drug, side effects, habit, addiction, advice, support, help

#### How the children are to be taught this.

PSHE should be delivered in mixed gender groups.

Use teacher judgment to decide whether this should be blocked to a day or taught over smaller sessions, dependent upon the cohort.

Please use teacher judgement to decide which parts of this unit can be taught by adults other than the class teacher.

#### SMSC

(Spiritual, Moral, Social, Cultural)

Supporting others in all areas of wider society.

Peer pressure