

Year 4 PSHE Summer term outline: Health and wellbeing			
Theme	Lesson	Learning outcome	Key questions
Physical health and mental wellbeing	1	<i>To learn to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally.</i>	What factors lead to a balanced, healthy lifestyle?
	2	<i>To learn what good physical health means and how to recognise early signs of physical illness and that common illnesses can be quickly and easily treated with the right care.</i>	What are the signs of physical illnesses?
	3	<i>To learn how to maintain oral hygiene and dental health, including how to brush and floss correctly and the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health.</i>	Why is having good dental hygiene so important?
Growing and changing	4	<i>To learn how to identify external genitalia and reproductive organs.</i>	What the scientific names of different parts of the body?
	5	<i>To learn about the physical and emotional changes during puberty and key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams and strategies to manage the changes during puberty including menstruation.</i>	What is puberty?
	6	<i>To learn the importance of personal hygiene routines during puberty including washing regularly and using deodorant.</i>	Why are personal hygiene routines important?
	7	<i>To learn how to discuss the challenges of puberty with a trusted adult and how to get information, help and advice about puberty.</i>	Where can I go for help and advice about puberty?
Keeping safe	8	<i>To learn the importance of taking medicines correctly and using household products safely.</i>	Why should medicines be taken correctly?
	9	<i>To learn to recognise what is meant by a 'drug' and that drugs common to everyday life can affect health and wellbeing.</i>	What is a drug?
	10	<i>To learn to identify some of the risks and effects related to different drugs and that all drugs, including medicines, may have side effects.</i>	What are the risks and effects related to drugs?
	11	<i>To learn that for some people using drugs can become a habit which is difficult to break and how to ask for help or advice.</i>	Where can I find advice about drugs?
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