

# P.S.H.E

## Spring 2 Year 4

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children to stay healthy and safe, understanding their relationships, academic, personal and social lives in a positive way.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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**Keeping Safe**  
*Actions and Consequences*

H2. About the elements of a balanced, healthy lifestyle.

H3. About choices that support a healthy lifestyle, and recognise what might influence these.

H6. About what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.

**British Value:**  
Individual Liberty

<b><u>Key Vocabulary</u></b>		
authority	E-Safety	safety
cookies	diet	liberty

**Pupil Reflection:**

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