



Knowledge Organiser

Year: 4 Subject: RSHE Block 3 Keeping Healthy

**Units: Physical Health and Fitness; Mental Wellbeing; Health and Prevention;
Drugs, Alcohol and Tobacco**

Overview:

During this sequence of learning, pupils will recognise and respond to a wide range of emotions in themselves and others. Pupils will know that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices. Pupils will understand that perceptions around risk taking behaviours, including drugs and alcohol can add pressure to do something that they are uncomfortable to do.

What should I already know?

- Sports and active hobbies are a great way to get moving, which is really important for my physical health, and can help improve my confidence and self-esteem. I should aim for 60 minutes of physical activity every day.
- Self-esteem is the way we feel about ourselves; some people have high and others low self-esteem and this can affect the way we think and behave. It is natural to experience a range of feelings about myself which can change over time. If I have low self-esteem I can use positive self-talk, focusing on the things I am good at, to make me feel happier.
- When people talk about drugs they usually mean those that are illegal or unsafe. Drugs, tobacco and alcohol are dangerous for your health and can be addictive.

What will I know by the end of the unit?

- Emotions are the way we feel inside and they can affect how we feel about ourselves, other people and how we behave. Some people are able to express their emotions in a helpful way, some people express their emotions in an unhelpful way and some people try to hide their emotions. Empathy is the ability to imagine how someone else feels.
- Some emotions feel more comfortable than others; no emotions are bad, wrong or naughty but some behaviours in response to emotions can be. It is important to identify strategies like deep breathing to help us manage our emotions so we can express them in a helpful way. It is important to share emotions with other people but there are safe and appropriate ways of doing this.
- We are all eating too much sugar, saturated fat and salt; our everyday food and drink can contain surprisingly high amounts, meaning most of us are eating more than we realise. Eating too much sugar and fat can lead to a build-up of harmful fat on the inside. This fat around our vital organs can cause serious diseases in the future like heart disease, type 2 diabetes and some cancers. Too much salt can give you high blood pressure and increase the risk of having a stroke or heart disease. It is important to find out and compare what is in our food and drink so we can make healthier choices.
- Some drugs can be prescribed by a doctor for a particular illness and are legal, for example antibiotics when you have a sore throat. However, when people talk about drugs they usually mean those that are illegal or unsafe. There are lots of reasons why people take drugs; they might do it because their friends are doing it or to look popular; they might take them to forget about feeling sad or like the thought of doing something dangerous; they might be pressured or forced to take them by others.
- Drinking alcohol and getting drunk affects the way you think and feel. Some people drink alcohol to try to cope with worries but it is dangerous and can damage your body.
- Smoking tobacco is really bad for your health; it can cause serious problems such as cancer. Tobacco is addictive so once you start it can be very difficult to stop.
- Peer pressure can make us pretend to do something, like drink alcohol, when we haven't as we want to be seen to behave as everyone else does.

Vocabulary:

| | |
|---------------|--|
| Emotions | Strong feelings such as love, fear or anger. |
| Empathy | The ability to understand another person's feelings. |
| Sugar | A sweet substance naturally found in fruit, plants etc. |
| Saturated fat | A type of fat found in things like fried food or butter that is considered less healthy in the diet than other types of fat. |
| Drugs | A chemical, often used illegally to make you feel different or because you can't stop taking it. |
| Smoking | Action of smoking a cigarette containing tobacco. |
| Alcohol | A liquid such a beer, wine or spirit which can make you drunk. |
| Illegal | Against the law. |
| Peer pressure | Strong influence by a group for all members to behave as everyone else does. |

Reffley Academy