

## Knowledge Organiser

Year: 4 Subject: RSHE Block 4 Living in the Wider World

Unit: Health and Prevention; Basic first aid; Environment/Community; Careers/Aspiration

### Overview:

During this sequence of learning, pupils will know how to care for their body and will understand how to identify risks when keeping themselves and others safe in emergency situations. Pupils will help in the wider community by fundraising for a charity related to the children. This sequence of learning will allow the children to discuss what careers suit them and why. The children will be given the opportunity to identify the aspirations they would like to achieve.

### What should I already know?

- Learning first aid gives people vital life saving skills; it gives you skills to keep safe and help yourself or others when involved in a medical emergency until more help can get there.
- Before giving first aid you must make sure the situation or area is safe before you try to help.
- My community is the area around where I live or where I go to school. There may be things that I like about my community and also things I dislike. I can make a difference to my community, help to change it or improve it to make it better for everyone living there.
- By participating in an organised Careers Day, I will have a better understanding of different types of careers and what each job would involve.
- I will be able to discuss which careers might suit me and why I think this. This will help me develop aspirations for the future and goals to work towards.

### What will I know by the end of the unit?

- Keeping our body clean by washing regularly will help reduce bacteria that may cause infection. This will lower the risk for disease.
- I will know that good hygiene is important because it is important to preventing infection in wounds and skin irritation.
- To keep a body clean and healthy you must wash your body daily, clean your teeth twice a day, wash your hair with some sort of shampoo at least once a week and wash hands regularly throughout the day. Washing your clothes keeps them fresh and free from disease causing germs.
- It is important to look after yourself first in an emergency situation because you cannot help others if you are not safe. You have a better chance to save your family after saving yourself first.
- It is important to raise money for charities as they rely on

### Vocabulary:

Clean

Free from dirt, marks, stains or bacteria.



Healthy

A good physical or mental condition.

Prevention

The action of stopping something from happening.

Hygienic

To maintain hygiene, keeping something clean and preventing diseases.

Risk

A situation involving an exposure to danger.

Safe

Protection from or not being exposed to danger that may cause us harm.

Emergency services

A public organisation that responds to deal with emergencies when they occur.



Careers

An occupation or job that is undertaken for a significant

<p>donations from the public. Charities then use this money to improve their services. We raise money by attracting the attention of members of the public. This could be done by doing a cake sale. Members of the community may donate a cake to sell and the money you raise will be donated to the charity.</p> <ul style="list-style-type: none"><li>• A career is a long term job. It is important to find a career that you enjoy. By participating in a careers day you will get to see what different careers are in the community.</li><li>• To achieve a goal in life it is important to believe in yourself. You need to work out what steps you need to take to achieve your goal.</li></ul>	<p>Environment</p> <p>Charity</p>	<p>period of time.</p> <p>The surroundings or conditions where a person, plant or animal lives.</p> <p>An organisation set up to provide help and raise money for those in need.</p>
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