



Knowledge Organiser

Year: 4

Subject: RSHE

Unit: Wellbeing

Overview:

During this sequence of learning, pupils will explore the risks associated with poor hygiene habits such as germs spreading and learn how to minimise these risks through good hygiene habits. Pupils learn about making health choices, pupils learn about how different choices can impact our physical health and mental wellbeing and the importance of making healthy choices. Pupils explore what character is and how this can be built, pupils gain confidence in the characteristics they already have and the ways in which they can develop their character further. Pupils learn about what habits are and how they are formed, pupils investigate the difference between healthy and unhealthy habits and how they can change unhealthy habits into healthy habits. Pupils find out about the different food groups and how they fuel the body. Pupils learn about why food is important for different bodily functions. Pupils investigate the signs and symptoms of illness in the body and how to seek help and support for unexplained changes.

What should I already know?

- I can notice and name strong feelings like anger, excitement, sadness, or fear. My feelings can change how I act.
- I can think about whether my feelings or actions are too big for the situation.
- Empathy means understanding how someone else feels. Resilience means keeping going, even when things are hard.
- My body works hard to fight germs and keep me healthy. Vaccines help my body stay strong and protect me from illnesses.
- Vaccines help protect me and others from getting sick. I can get vaccines at the doctor, at school, or at a clinic.
- School helps me learn new things, grow, and feel safe. Teachers and other adults at school support me when I need help.
- Mental health is about how I think, feel, and cope with things. My mental health can change over time, and that's normal.
- I can look after my mental health by resting, talking, playing, and doing things I enjoy. I can build self-worth by believing in myself and trying my best. I can build resilience by practising, learning from mistakes, and not giving up.

What will I know by the end of the unit?

Vocabulary:

Habit	A regular action or routine.
Hygiene	Daily actions that keep their bodies clean, healthy, and safe from germs.
Health	Feeling good in your body and mind, not just being free from sickness.
Character	Special qualities that describe how a person acts, thinks, or feels.
Physical wellbeing	Having a healthy, strong body that feels good and functions well.

• Hygiene keeps us clean and healthy. • Daily habits like washing hands and brushing teeth keep everyone safe. • My choices can help or harm my health. • Healthy and unhealthy choices affect my body and my feelings. • I can set goals to stay healthy. • Character means the kind of person I am inside. • School helps me build good character, like being kind and honest. • A habit is something I do often, and habits form when I repeat actions. • Healthy habits help my body and mind feel good. • Food groups give us different types of energy. • My body uses food for energy, growth, and strength. • I need enough healthy food to stay well. • I can notice signs when my body feels unwell. • It's normal to feel different sometimes, and I can ask for help when I need it. • I know who I can talk to when I need help with my health.	Mental wellbeing Energy	The ability to understand emotions, manage challenges, form positive relationships, and feel confident in yourself. The power or ability to be active.
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