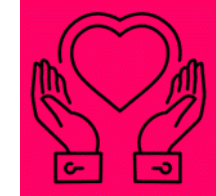




Objectives and Sticky Knowledge

Previous Knowledge:

Understanding the importance of healthy eating and good oral health. (Year 2)



Land Objectives and Sticky Knowledge:

I can describe different ways to maintain a healthy lifestyle.

I know that it is not right to keep secrets if they relate to being safe. I know that each person's body belongs to them. I know it is important to seek help or advice if a relationship is making me feel unsafe or unhappy. I know that in school and in society, you can expect to be treated with respect by others and in turn you should show due respect to others, including those in positions of authority. I know how to report concerns or abuse.

Sea:

Links with 'sustainability and stewardship' Golden Thread

Links to CST and CTK Values:

Year 4 PHSE Knowledge Organiser

Key Vocabulary

Lifestyle	The way a person or group of people live.
Balanced Diet	A diet that includes a variety of different types of food to help you get the nutrients you need.
Saturated Fat	A type of fat found in meat and other animal products, such as butter and cheese.
Food Chart	A chart that can be used to see how many servings of each food should be eaten each day.

Suggested daily portions %



Carbohydrates, grains, and cereal



Good for energy levels

Fruit and vegetables



Supports digestion/going to the toilet

Sky Objectives:

1. Children are able to identify behaviours associated with each zone and begin to regulate.
2. Children know how to build and maintain positive relationships.
3. Children are positive members of their communities and seek help if they see irresponsible behaviour.

