Lesson Structure:

Charter > Connect Us >

Calm Me >Open My Mind >

Tell Me or Show Me > Let Me learn

Help Me Reflect

Healthy Me

Year 4

Big Question:

What can I do if someone tries to make me do something that I know is wrong for me?

Assessment Outcomes:

I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. I can identify feelings of anxiety and fear associated with peer pressure.

I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. I can identify the feelings I have about my friends and my different friendship groups.

Friendship, Emotions, Healthy, Relationship, Friendship groups, Value

I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations. I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with.

Friendship groups, Roles, Leader, Follower, Assertive, Agree./Disagree

I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke. I can recognise negative feelings in peer pressure situations and know how to act assertively to resist pressure from myself and others

Smoking, Vaping, Pressure, Peers, Guilt, Advice

I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol . I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others .

Alcohol, Liver, Disease

I can recognise when people are putting me under pressure and can explain ways to resist this when I want. I can identify feelings of anxiety and fear associated with peer pressure.

Pressure, Peers, Anxiety, Fear

I know myself well enough to have a clear picture of what I believe is right and wrong. I can tap into my inner strength and know how to be assertive.

Believe, Assertive, Opinion, Right, Wrong

Key Vocabulary

Friendship, Emotions, Relationship, Friendship Groups, Follower, Assertive, Smoking, Pressure, Alcohol, Evaluate, Disagree, Opinion, Right, Wrong, Vaping, Value, Leader, Peers, Advice, Disease, Fear, Roles, Agree, Guilt, Liver, Anxiety, Believe

Threads

Health and Wellbeing