



Mossfield Primary School Knowledge Organiser



Year 4 – **Health and Wellbeing**— This unit teaches children about physical and mental health. It includes food choices, physical activity, balanced lifestyles, drugs and alcohol education, first aid, sleep, dental health and more. It teaches children to keep healthy and safe while equipping them to help others. Through each unit the children also complete lessons from the KIVA (anti-bullying programme) and lessons from the No Outsiders in Our School programme which teaches children about the characteristics protected by the Equality Act.

Key Learning

To understand that we will not join in on bullying and that it is everyone’s responsibility to reduce bullying.



To learn about the kinds of change they or family or friends have. To understand how loss can come in many forms.



To learn about risk in terms of personal safety. To be able to describe situations that may be dangerous or risky and identify where they can get help.



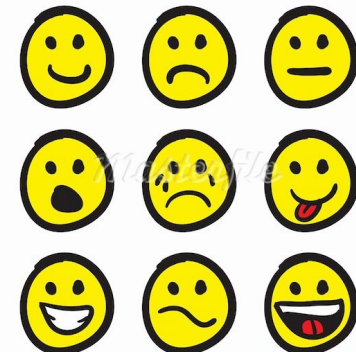
To understand language as a barrier through reading and discussing The Way Back Home.



To understand how they can support a victim of bullying.



To learn techniques to resist pressure and understand how pressure is exerted and how it can be resisted. Recognise different feelings that suggest something might be unhealthy, dangerous etc.



Key Vocabulary

Bullying	One who is repeatedly cruel, insulting, or threatening to others who are weaker, smaller, or in some way vulnerable.
Victim	Someone who is hurt, injured, or killed by a person, group, or event.
Change	To make or become different .
Personal Safety	A general recognition and avoidance of possible harmful situations.
Pressure	How much force something is pushing on something or someone.
Resisted	To fight against or oppose.