



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 them to keep healthy and safe while equipping them to help others. Through each unit the children will also complete lessons from the KIVA (an anti-bullying programme).

Key Learning

To be able to explain what is meant by a balanced diet and to be able to describe the benefits of a balanced diet on health and wellbeing.



To be able to explain who or what influences their choices about food. Describe the long term consequences of not eating a balanced diet.



To understand that they are all part of a group as members of a class. To know how to join a group and how to help others be included in a group.



To be able to identify personal strengths and be able to describe actions they can take to improve and achieve their goals.



To understand how feelings can be managed, both their own and other peoples. To identify times when they feel able to show their feelings and times when they may wish to hide them.



Key Vocabulary

Balanced diet	The correct proportions of carbohydrates, fats, proteins, vitamins, minerals, and water intake.
Influences	To affect or change in an indirect but usually important way
Consequences	A consequence is something that happens as a result of your child behaving in a particular way.
Achieve	To do or carry out successfully or get by trying hard.