

# The ASPIRE Curriculum-Key Learning

**Title: Healthy Me**

**Year 4 Spring 2**

**Subject: PSHE**

Key Knowledge	Key Skills (Social and Emotional)	Key Vocabulary																																	
<p>I can understand how different friendship groups are formed and how I fit into them.</p> <ul style="list-style-type: none"> <li>• I can understand which friends I value most.</li> <li>• I can understand that there are leaders and followers in groups.</li> <li>• I can understand that I can take on different roles according to the situation.</li> <li>• I can understand the facts about smoking and its effects on health.</li> <li>• I can understand some of the reasons some people start to smoke.</li> <li>• I can understand the facts about alcohol and its effects on health, particularly the liver.</li> <li>• I can understand some of the reasons some people drink alcohol,</li> <li>• I can understand ways to resist when people are putting pressure on me.</li> <li>• I can understand what I think is right and wrong.</li> </ul>	<p>I can identify the feelings that I have about my friends and different friendship groups .</p> <ul style="list-style-type: none"> <li>• I can recognise how different people and groups I interact with impact on me.</li> <li>• I can identify which people I most want to be friends with.</li> <li>• I can recognise negative feelings in peer pressure situations.</li> <li>• I can identify the feelings of anxiety and fear associated with peer pressure.</li> <li>• I can tap into my inner strength and know-how to be assertive.</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="851 1025 1090 1096" style="background-color: yellow; padding: 5px;"><b>Alcohol</b></div>  <div data-bbox="1345 878 1702 1320" style="background-color: #fff9c4; padding: 10px; border: 1px solid #ccc;"> <p style="text-align: center;"><b>The Jigsaw! Charter</b></p> <p style="text-align: center;">We take turns to speak We use kind and positive words We listen to each other We have the right to pass We only use names when giving compliments or when being positive We respect each other's privacy (confidentiality)</p> </div> </div> <div data-bbox="596 1245 876 1316" style="background-color: yellow; padding: 5px; margin-top: 10px;"><b>Smoking</b></div> 	<p><b>Alcohol</b></p>	<p><b>A colourless liquid made from starch or sugar that can be turned into a drink.</b></p>			<p><b>Assertiveness</b></p>	<p>It's the ability to speak up for ourselves in a way that is honest and respectful.</p>			<p>Emotion</p>	<p>A strong feeling in your mind e.g. love or fear.</p>			<p>Follower</p>	<p>A person who follows or supports someone or something.</p>			<p>Guilt</p>	<p>An unpleasant feeling you have when you've done something wrong.</p>			<p>Leader</p>	<p>Someone who is in charge.</p>			<p>Liver disease</p>	<p>Where the large organ in the body can no longer keep blood clean and healthy.</p>			<p>Pressure</p>	<p>When someone is trying to persuade or force you to do something.</p>			<p>Smoking</p>	<p>Breathing in the smoke from a burning cigarette, cigar or pipe.</p>
		<p><b>Assertiveness</b></p>	<p>It's the ability to speak up for ourselves in a way that is honest and respectful.</p>			<p>Emotion</p>	<p>A strong feeling in your mind e.g. love or fear.</p>			<p>Follower</p>	<p>A person who follows or supports someone or something.</p>			<p>Guilt</p>	<p>An unpleasant feeling you have when you've done something wrong.</p>			<p>Leader</p>	<p>Someone who is in charge.</p>			<p>Liver disease</p>	<p>Where the large organ in the body can no longer keep blood clean and healthy.</p>			<p>Pressure</p>	<p>When someone is trying to persuade or force you to do something.</p>			<p>Smoking</p>	<p>Breathing in the smoke from a burning cigarette, cigar or pipe.</p>				
		<p>Emotion</p>	<p>A strong feeling in your mind e.g. love or fear.</p>			<p>Follower</p>	<p>A person who follows or supports someone or something.</p>			<p>Guilt</p>	<p>An unpleasant feeling you have when you've done something wrong.</p>			<p>Leader</p>	<p>Someone who is in charge.</p>			<p>Liver disease</p>	<p>Where the large organ in the body can no longer keep blood clean and healthy.</p>			<p>Pressure</p>	<p>When someone is trying to persuade or force you to do something.</p>			<p>Smoking</p>	<p>Breathing in the smoke from a burning cigarette, cigar or pipe.</p>								
		<p>Follower</p>	<p>A person who follows or supports someone or something.</p>			<p>Guilt</p>	<p>An unpleasant feeling you have when you've done something wrong.</p>			<p>Leader</p>	<p>Someone who is in charge.</p>			<p>Liver disease</p>	<p>Where the large organ in the body can no longer keep blood clean and healthy.</p>			<p>Pressure</p>	<p>When someone is trying to persuade or force you to do something.</p>			<p>Smoking</p>	<p>Breathing in the smoke from a burning cigarette, cigar or pipe.</p>												
		<p>Guilt</p>	<p>An unpleasant feeling you have when you've done something wrong.</p>			<p>Leader</p>	<p>Someone who is in charge.</p>			<p>Liver disease</p>	<p>Where the large organ in the body can no longer keep blood clean and healthy.</p>			<p>Pressure</p>	<p>When someone is trying to persuade or force you to do something.</p>			<p>Smoking</p>	<p>Breathing in the smoke from a burning cigarette, cigar or pipe.</p>																
		<p>Leader</p>	<p>Someone who is in charge.</p>			<p>Liver disease</p>	<p>Where the large organ in the body can no longer keep blood clean and healthy.</p>			<p>Pressure</p>	<p>When someone is trying to persuade or force you to do something.</p>			<p>Smoking</p>	<p>Breathing in the smoke from a burning cigarette, cigar or pipe.</p>																				
		<p>Liver disease</p>	<p>Where the large organ in the body can no longer keep blood clean and healthy.</p>			<p>Pressure</p>	<p>When someone is trying to persuade or force you to do something.</p>			<p>Smoking</p>	<p>Breathing in the smoke from a burning cigarette, cigar or pipe.</p>																								
		<p>Pressure</p>	<p>When someone is trying to persuade or force you to do something.</p>			<p>Smoking</p>	<p>Breathing in the smoke from a burning cigarette, cigar or pipe.</p>																												
		<p>Smoking</p>	<p>Breathing in the smoke from a burning cigarette, cigar or pipe.</p>																																

# Healthy Me

