

# Fens Primary School Knowledge Organiser



<b>PSHE Focus:</b>	It's my body	<b>Year 4</b>	<b>Term: 2A</b>
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What I need to know
To know where and how to get help if I am worried.
To understand the importance of sleep, exercise and healthy eating.
To identify ways in which certain drugs, including tobacco and alcohol, can harm my body.
To discuss the choices related to health that I make each day.
To identify choices that will benefit my health and provide a balanced lifestyle.
To identify ways to protect my bodies from ill health.
To identify positive aspects about myself.

Key Vocabulary		
Lifestyle	Exercise	Active
Physical Health	Mental Health	Balanced Diet

Home Learning
It's My Body – A Healthy Recipe: For this task, research and if possible, prepare a healthy snack or a meal, commenting on why you consider this choice to be a healthy option.
It's My Body – Sleep Chart: In this activity, record your bedtime routine over the course of a week, reflecting on how the amount of sleep you have had affects how you feel the following day.

