



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PSHE: Healthy Me

Year 4

Key Vocabulary		✓
Friendship groups	A group of people who are friends	
Emotions	A range of feelings people have	
Leader	Someone who leads and influences a group	
Follower	Someone who supports and/or follows someone's ideas	
Assertive	Being confident and forceful with your ideas	
Pressure	When you are persuaded or intimidated into doing something	
Guilt	Feeling bad for doing or not doing something	
Anxiety	Feeling worried and nervous	
Fears	An emotion caused by the threat of danger or harm	

Key Topics ✓

I can have different friendship groups		
Some people are leaders and some are followers		
I know smoking is bad for you		
I know alcohol affects someone's health		
Friendships can make you feel anxious and pressured		
I know what is right or wrong		

Happy, Healthy Me ✓

	Exercise	
	Healthy eating	
	Smoking	
	Alcohol	
	Positive friendships	
	Negative friendships	

