

Year 4 – **My Healthy Self:** How can I make healthy choices?

Autumn 1 Knowledge Organiser



Heathfield Schools' Partnership

ambitious for the future

This PSHE unit builds on from the Year 3 '**My Healthy Self:** How can I take care of my mind and body' previously studied. The children will learn how healthy choices support both physical and mental wellbeing by exploring exercise, nutrition and hydration. They will identify strategies for developing a growth mindset and how to take some responsibility for their self-care. Towards the end of this unit the children will explore and recognise how acts of kindness and helping others can have a positive impact on themselves and those around them.

Key knowledge

- Describe the role of different food groups in keeping us healthy.
- Explain why eating a variety of foods matters.
- Name activities that help them stay active at school and at home.
- Explain how being active helps their bodies stay strong and healthy.
- Explain the importance of diet and hydration in maintaining energy levels.
- Identify behaviours that can positively and negatively affect energy levels.
- Describe simple signs of emotional or mental health challenges using familiar vocabulary.
- Explain why asking for help is important.
- Describe the difference between a fixed and growth mindset.
- Recognise how helping others can make them feel good.

Getting help
Always ask for help from a trusted adult
if you or someone you know needs it.

I am feeling...
I am worried about...
I need help because...
I think..... needs help.
I do not know what to do about...

Star Words - Key Vocabulary

Nutrients - A substance that provides nourishment for growth or metabolism

Physical health – The overall well-being and functioning of the body

Dehydrated – Loss of fluid, not enough water to function normally

Support – Provide assistance

Growth mindset – Believing your abilities can be improved over time

Pledge – An agreement to do, give, or refrain from doing something

Healthy choices



Key Skills

- Describing various personal ways they look after their feelings and mood (for example, resting, playing, talking, spending time with others) and explaining why these can be helpful.
- Reflecting on how helping others makes them and others feel.
- Identifying different ways they are regularly active during the school day and outside of school.
- Recognising when they have been inactive for too long and choosing to move or be active.
- Describing how different activities make their body feel (for example, out of breath, sweaty, energised, tired).
- Recognising and explaining some of the benefits of being physically active.
- Planning a healthy lunchbox or snack.
- Describing the role of different food groups and what makes for a healthy, balanced diet.
- Recognising natural and processed foods and what makes them different.